<table>
<thead>
<tr>
<th>A+</th>
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<th>B+</th>
<th>B</th>
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</thead>
<tbody>
<tr>
<td>General Mills Fiber One Original</td>
<td>General Mills Cheerios Original</td>
<td>General Mills Wheat Chex</td>
<td>General Mills Cheerios Multi Grain</td>
<td>General Mills Oatmeal Hearty Raisin</td>
<td>General Mills Honey Nut Cheerios</td>
<td>General Mills Chex Apple Cinnamon</td>
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<td>General Mills Fiber One 80 Calories</td>
<td>General Mills Kix Crispy Corn Puffs</td>
<td>General Mills Fiber One Honey Clusters</td>
<td>General Mills Total Whole Grain</td>
<td>General Multi-Bran Chex</td>
<td>General Mills Basic 4 Kellogg’s Crunch Nuts</td>
<td>General Mills Lucky Charms Post Cocoa Pebbles</td>
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<td>Post Shredded Wheat Spoon Size Original</td>
<td>Kellogg’s Special K Original</td>
<td>Barbara’s Puffins Original</td>
<td>Post Grape-Nuts Flakes</td>
<td>Post Grape-Nuts</td>
<td>General Mills Trix Quaker Cap’n Crunch</td>
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<tr>
<td>Post Shredded Wheat Spoon Size Wheat’N Bran</td>
<td>Kellogg’s Corn Flakes</td>
<td>Barbara’s Shredded Spoonfuls Multigrain</td>
<td>Post Honey Bunches of Oats</td>
<td>Kellogg’s All-Bran Original</td>
<td>General Mills Cocoa Puffs</td>
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<tr>
<td>Quaker Weight Control Instant Oatmeal</td>
<td>Kellogg’s Rice Krispies</td>
<td>Kashi Heart to Heart Honey Toasted Oat</td>
<td>Quaker Instant Oatmeal Original</td>
<td>Quaker Natural Granola</td>
<td>Kellogg’s Frosted Flakes Kellogg’s Cinnamon Toast Crunch</td>
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<tr>
<td>Kashi Golden Goodness</td>
<td>Quaker Quick Oats</td>
<td>Quaker Lower Sugar Instant Oatmeal</td>
<td>Quaker High Fiber Instant Oatmeal</td>
<td>Quaker High Fiber Oatmeal</td>
<td>Kellogg’s Froot Loop</td>
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<tr>
<td>Barbara’s Shredded Oats Vanilla Almond</td>
<td>Kashi GOLEAN Cereal Original</td>
<td>Barbara’s Puffins Multigrain</td>
<td>Kashi Good Friends</td>
<td>Kashi Good Friends</td>
<td>Kellogg’s Apple Jacks</td>
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<tr>
<td>Barbara’s Shredded Oats Blueberry Burst</td>
<td>Kashi Strawberry Fields</td>
<td>Barbara’s Shredded Oat Original</td>
<td>Trader Joe’s Fruit &amp; Nut Multigrain Flakes</td>
<td>Trader Joe’s Fruit &amp; Nut Multigrain Flakes</td>
<td>Kellogg’s Corn Pops</td>
<td></td>
</tr>
<tr>
<td>Sugar: 5g or less Fiber: 5g or more Sat. Fat: less than 3g</td>
<td>Sugar: 5g or less Fiber: 5g or more Sat. Fat: less than 3g</td>
<td>Sugar: over 5g, but less than 10g Fiber: 5g or more Sat. Fat: less than 3g</td>
<td>Sugar: over 5g, but less than 10g Fiber: 5g or more Sat. Fat: less than 3g</td>
<td>Sugar: 10g or more Fiber: 5g or more Sat. Fat: less than 3g</td>
<td>Sugar: 10g or more Fiber: over 1g, but less than 5g Sat. Fat: less than 3g</td>
<td>Sugar: 10g or more Fiber: less than 1g Sat. Fat: less than 3g</td>
</tr>
</tbody>
</table>

Created by Mariana Anaya, MPH, RD January 2013