

Acceptable Cereal: 6g of sugar or less in an ounce (28g)

Post	Post, Alpha-Bits
	Post, Bran Flakes
	Post, Grape Nuts
	Post, Grape Nuts Flakes
	Post, Great Grains Banana Crunch
	Post, Great Grains Cranberry Almond Crunch
	Post, Great Grains Crunchy Pecan
	Post, Great Grains Granola Super Nutty
	Post, Honey Bunches of Oats
	Post, Honey Bunches of Oats Whole Grain Almonds
	Post, Honey Bunches of Oats Whole Grain Honey Crunch
	Post, Honey Bunches of Oats with Almonds
	Post, Honey Bunches of Oats With Cinnamon Bunches
	Post, Honey Bunches of Oats with Pecan Bunches
	Post, Honey Bunches of Oats with Vanilla Bunches
	Post, Shredded Wheat Original
	Post, Shredded Wheat Original Spoon Size Honey Nut
	Post, Shredded Wheat Spoon Size Original
	Post, Shredded Wheat Spoon Size Wheat'n Bran

Quaker	Quaker, Corn Bran Crunch
	Quaker, Granola-Oats, Honey,and Almonds
	Quaker, Life Cereal Original
	Quaker, Oatmeal Squares Brown Sugar
	Quaker, Oatmeal Squares Cinnamon
	Quaker, Oatmeal Squares Golden Maple
	Quaker, Oatmeal Squares Honey Nut
	Quaker, Puffed Rice
	Quaker, Puffed Wheat
	Quaker, Vitamin King

General Mills	General Mills, Cascadian Farms, Organic-Buzz Crunch Honey Almond
	General Mills, Cascadian Farms, Organic-Cinnamon Raisin Granola
	General Mills, Cascadian Farms, Organic-Hearty Morning Fiber
	General Mills, Cascadian Farms, Organic-Purely O's
	General Mills, Cascadian Farms-Ancient Grain Granola
	General Mills, Cheerios, Ancient Grains
	General Mills, Cheerios, Multigrain
	General Mills, Cheerios, Original
	General Mills, Chex, Corn
	General Mills, Chex, Rice
	General Mills, Chex, Wheat
	General Mills, FiberOne-Honey Clusters
	General Mills, FiberOne-Original
	General Mills, Kix- Berry Berry
	General Mills, Kix- Honey
	General Mills, Kix- Original
	General Mills, Total, Whole Grain
	General Mills, Wheaties

Great Value	Great Value, Bite Size Frosted Shredded Wheat
	Great Value, Bite Size Shredded Wheat
	Great Value, Corn Flakes
	Great Value, Crisp Rice
	Great Value, Crunchy Honey Oats
	Great Value, Toasted Corn
	Great Value, Toasted Rice
	Great Value, Toasted Wheat
	Great Value, Toasted Whole Grain Oat Spins

Hill Country Fair	Hill Country Fair, Corn Flakes
	Hill Country Fair, Oats and More with Honey
	Hill Country Fair, Oats and More with Honey and Almonds

HEB	HEB, Corn Flakes
	HEB, Crispy Rice
	HEB, Frosted Shredded Wheat, Bite Size
	HEB, Granola with Nuts
	HEB, Muesli Nuts and Seeds
	HEB, Organics, Cornflakes
	HEB, Organics, Flax & Hemp Granola
	HEB, Organics, Honey & Oat Crunch
	HEB, Organics, Oat & Honey Granola
	HEB, Organics, Toasted O's
	HEB, Organics, Vanilla Almond Granola
	HEB, Rice Squares
	HEB, Select Ingredients, Meusli Bircher Fruit and Seeds
	HEB, Shredded Wheat, Bite Size
HEB, Toasted Oats	

Kashi	Kashi, 7 Whole Grain Flakes
	Kashi, 7 Whole Grain Nuggets
	Kashi, 7 Whole Grain Puffs
	Kashi, Autumn Wheat Whole Wheat Biscuits
	Kashi, Berry Fruitful Whole Wheat Biscuits
	Kashi, Cinnamon Harvest Whole Wheat Biscuits
	Kashi, Dark Cocoa Karma Whole Wheat Biscuits
	Kashi, Go Lean Cereal
	Kashi, Go Lean Clusters, Vanilla Pepita
	Kashi, Go Lean Crisp, Cinnamon Crisp
	Kashi, Go Lean Crisp, Toasted Berry Crisp
	Kashi, Heart to Heart, Honey Toasted Oat
	Kashi, Heart to Heart, Oat Flakes & Blueberry Clusters
	Kashi, Heart to Heart, Warm Cinnamon
	Kashi, Island Vanilla
	Kashi, Organic Promise, Sprouted Grains
	Kashi, Organic Promise, Sweet Potato Sunshine
	Kashi, Strawberry Fields

Kellog's	Kellog's, All Bran Complete Wheat Flakes
	Kellog's, Corn Flakes
	Kellog's, Crispix
	Kellog's, Frosted Mini-Wheats Little Bites Chocolate
	Kellog's, Frosted Mini-Wheats Little Bites Original
	Kellog's, Frosted Mini-Wheats Original
	Kellog's, Frosted Mini-Wheats Touch of Fruit in the Middle Raspberry
	Kellog's, Mini-Wheats, Harvest Delights-Blueberry with Vanilla Drizzle
	Kellog's, Mini-Wheats, Harvest Delights-Cranberry with Yogurt Drizzle
	Kellog's, Mini-Wheats, Unfrosted Bite Size
	Kellog's, Product 19
	Kellog's, Rice Krispies
	Kellog's, Special K, Original
	Kellog's, Special K, Touch of Brown Sugar-Gluten Free

Malt O Meal's	Malt O Meal, Corn Flakes
	Malt O Meal, Crispy Rice
	Malt O Meal, Mini Spooners Blueberry
	Malt O Meal, Mini Spooners Frosted
	Malt O Meal, Mini Spooners Strawberry
	Malt O Meal, Mom's Best, Blue Berry Wheatfuls
	Malt O Meal, Mom's Best, Frosted Wheatfuls
	Malt O Meal, Mom's Best, Oats and Honey Blend
	Malt O Meal, Mom's Best, Toasted Wheatfuls
	Malt O Meal, Oat Blenders with Honey
	Malt O Meal, Oat Blenders with Honey and Almonds
	Malt O Meal, Scooters