



## Suggested Whole Grain Cereals

*Here are some suggestions for whole grain breakfast cereals that are also low in sugar.*

All-Bran Complete Wheat Flakes  
Honey Bunches of Oats Whole Grain Honey Crunch  
Grape-nuts  
Grape-nuts Flakes  
Great Grains Banana Nut Crunch  
Bran Flakes  
Granola (Sunbelt Bakery)  
Oatmeal  
Maypo  
Total Whole Grain  
Kix  
Wheaties  
Wheat Chex  
Cheerios  
Multi-grain Cheerios  
Oatmeal Squares  
Life (Regular)  
Shredded Wheat  
Cream of Wheat Whole Grain



## Cereales de Grano Entero Sugeridos

*Aquí hay algunas sugerencias para los cereales de desayuno integrales que también son bajos en azúcar.*

All-Bran Complete Wheat Flakes  
Honey Bunches of Oats Whole Grain Honey Crunch  
Grape-nuts  
Grape-nuts Flakes  
Great Grains Banana Nut Crunch  
Bran Flakes  
Granola (Sunbelt Bakery)  
Avena  
Maypo  
Total Whole Grain  
Kix  
Wheaties  
Wheat Chex  
Cheerios  
Multi-grain Cheerios  
Oatmeal Squares  
Life (Regular)  
Shredded Wheat  
Cream of Wheat Whole Grain