





















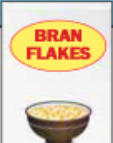










Oregon WIC Cereals (WIC List updated Feb 1, 2021)

All breakfast cereals on this list meet the CACFP sugar limit of 6 grams per dry ounce.

Cereals with **W** are considered whole grain-rich (WGR). Items not on this list may still credit as WGR. Refer to the [Grains Flowchart](#).

| Kellogg's | | | General Mills | | | Post | | |
|--|--|---|--|---|--|--|--|--|
|  ★ W |  ★ |  ★ |  ■ |  ■ |  ■ |  W ♥ |  W ★ |  W ★ |
| All-Bran Complete Wheat Flakes | Corn Flakes (original) | Special K (original) | Rice Chex | Corn Chex | Blueberry Chex | Grape Nuts | Great Grains Banana Nut Crunch | Great Grains Crunchy Pecan |
|  W ★ |  ★ W |  ■ |  ■ |  ★ W |  ★ W |  ★ |  ★ W |  ★ |
| Frosted Mini Wheats (original) | Strawberry Frosted Mini Wheats | Rice Krispies (original) | Cinnamon Chex | Cheerios (plain) | Multi Grain Cheerios (original) | Honey Bunches of Oats Honey Roasted | Honey Bunches of Oats Vanilla Bunches | Honey Bunches of Oats Almond |
| Malt-O-Meal (box or bag) | | |  W ■ |  W ■ |  W ■ |  ★ | | |
| Frosted Mini Spooners (original) W ★ | | | Kix (original) | Berry Berry Kix | Honey Kix | Honey Bunches of Oats Pecan & Maple Brown Sugar | | |
| Bran Flakes - store brand | | | | | | | | |
|  | Best Yet, Food Club, Great Value, IGA, Signature Select W ★ | Essential Everyday W ★ | | | | | | |
| Cereal Types: for Ounce Equivalent (oz. eq.) Serving Sizes | | | | | | | | |
| ★ | = Flakes and Rounds, 1 oz. eq. = 1 cup | | | | | | | |
| ■ | = Puffed, 1 oz. eq. = 1¼ cups | | | | | | | |
| ♥ | = Granola, 1 oz. eq. = ¼ cup | | | | | | | |
| ◐ | = Cooked Cereal, 1 oz. eq. = ½ cup cooked | | | | | | | |
| | | |  |  |  |  | | |
| | | | Cream of Wheat Plain 1 Minute No Instant | Cream of Wheat Plain 2½ Minute No Instant | Malt-O-Meal Original | Quaker Instant Grits Original (Single serving packets) | | |
| | | |  W |  |  W |  W | | |
| | | | Cream of Wheat Whole Grain, 2½ Minute No Instant | Cream of Rice Plain No Instant | Quaker Instant Oatmeal (Single serving packets) | Best Bet, Essential Everyday, Food Club, IGA, Kroger, Signature Select | | |