

### Cereals with Specific Nutrients

The July 1, 2025 Food List has 49 cereals. Breakfast cereals must meet these nutrition requirements: contain 28 mg of iron/ 100 g; no more than 21.2 g of added sugar/100 g; and 75% of our authorized cereals must have whole grain as the primary ingredient. Additionally, OR WIC limits artificial colors and sweeteners. The following sections highlight which cereals are high in fiber, gluten free, very low in sodium, provide 100% Daily Value (D.V.) for Iron and Folate, and fortified similar to a vitamin supplement. Cereals new to the 2025 Food List are bolded in **purple**.

#### Cereals high in Fiber

Cereals High in Fiber	% Fiber per Serving
<b>Fiber One Honey Clusters</b>	36%
<b>Chex Wheat</b>	29%
Post Great Grains Banana Nut Crunch	25%
Food Club Bran Flakes	24%
<b>Kellogg's Frosted Mini Wheats Blueberry Muffin</b>	23%
<b>Kellogg's Frosted Mini Wheats Cinnamon Roll</b>	23%
<b>Kellogg's Frosted Mini Wheats Honey</b>	23%
Kellogg's Frosted Mini Wheats Strawberry	23%
Malt O Meal Frosted Mini Spooners	23%
Best Yet Bran Flakes	23%
IGA Bran Flakes	23%
Signature Select Bran Flakes	23%
<b>WinCo Foods Bran Flakes</b>	23%
<b>Kellogg's Frosted Mini-Wheats Little Bites</b>	22%
<b>Grain Berry Cinnamon Frosted Shredded Wheat</b>	22%
<b>Kellogg's Frosted Mini-Wheats Bite Size Pumpkin Spice</b>	21%
Kellogg's Frosted Mini Wheats Original	21%
<b>Grain Berry Multi-Bran Flakes</b>	20%

All 49 cereals have whole grain as their 1<sup>st</sup> ingredient. 18 of those cereals are "High in Fiber," they provide 20% or more of the Daily Value for fiber.

#### Gluten Free Cereals

Gluten Free (marked on the package)
Cheerios
<b>Cheerios Veggie Blends Apple Strawberry</b>
<b>Cheerios Veggie Blends Blueberry Banana</b>
Multi-Grain Cheerios
Cinnamon Chex
Blueberry Chex
Rice Chex
Corn Chex
Cream of Rice

#### Very Low Sodium Cereals

Very Low Sodium
Kellogg's Frosted Mini Wheats Original
Kellogg's Frosted Mini Wheats Strawberry
<b>Kellogg's Frosted Mini Wheats Blueberry Muffin</b>
<b>Kellogg's Frosted Mini Wheats Cinnamon Roll</b>
<b>Kellogg's Frosted Mini Wheats Honey</b>
<b>Kellogg's Frosted Mini-Wheats Bite Size Pumpkin Spice</b>
<b>Kellogg's Frosted Mini-Wheats Little Bites</b>
Malt O Meal Frosted Mini Spooners

Cereals considered "Very Low Sodium" have 35 mg or less of sodium per serving

## Cereals high in Iron

Many cereals provide more iron than is the minimum amount required to be a WIC eligible cereal.

<b>Cereals: 100 % D.V. for Iron per serving</b>
Bran Flakes (private label): Best Yet, Food Club, Great Value, IGA, Signature Select, WinCo Foods
General Mills Multi Grain Cheerios
<b>Grain Berry Cinnamon Frosted Shredded Wheat</b>
<b>Kellogg's Frosted Mini Wheats Blueberry Muffin</b>
<b>Kellogg's Frosted Mini Wheats Cinnamon Roll</b>
<b>Kellogg's Frosted Mini Wheats Honey</b>
Kellogg's Frosted Mini Wheats Original
Kellogg's Frosted Mini Wheats Strawberry
<b>Kellogg's Frosted Mini-Wheats Bite Size Pumpkin Spice</b>
<b>Kellogg's Frosted Mini-Wheats Little Bites</b>
Post Honey Bunches of Oats Maple & Pecan
<b>Post Honey Bunches of Oats with Cinnamon Bunches</b>
<b>Total Whole Grain</b>

<b>Cereals: 90 % D.V. for Iron per serving</b>
<b>Fiber One Honey Clusters</b>
Malt O Meal Frosted Mini Spooners
<b>Oatmeal Squares Brown Sugar</b>
<b>Oatmeal Squares Honey Nut</b>
Post Great Grains Banana Nut Crunch
Post Great Grains Crunchy Pecan
Post Honey Bunches of Oats Roasted
Post Honey Bunches of Oats Almond
Post Honey Bunches of Oats Vanilla

<b>Cereals: 60 to 80 % D.V. for Iron per serving</b>
<b>Kashi Blueberry Clusters (80%)</b>
Cream of Rice (70%)
<b>Grain Berry Multi-Bran Flakes (70%)</b>
<b>Life Multigrain Cereal Original (70%)</b>
Post Grape Nuts (70%)
Kellogg's Corn Flakes (60%)
Kellogg's Rice Krispies (60%)
Malt O Meal Original (60%)
<b>Wheaties (60%)</b>

## Cereals with 100% Folate

22 of the 49 cereals offer 100% of daily value for folate.

<b>100% Daily Value for Folate</b>	
General Mills Multi-Grain Cheerios	Post Honey Bunches of Oats Almonds
<b>General Mills Total Whole Grain</b>	Post Honey Bunches of Oats Vanilla
Kellogg's Frosted Mini Wheat's Original	Post Honey Bunches of Oats Maple & Pecan
<b>Kellogg's Frosted Mini Wheat's Strawberry</b>	<b>Post Honey Bunches of Oats Cinnamon Bunches</b>
<b>Kellogg's Frosted Mini Wheats Blueberry Muffin</b>	<b>Grain Berry Multi-Bran Flakes</b>
<b>Kellogg's Frosted Mini Wheats Cinnamon Roll</b>	Best Yet Bran Flakes
<b>Kellogg's Frosted Mini Wheats Honey</b>	Food Club Bran Flakes
<b>Kellogg's Frosted Mini-Wheats Bite Size Pumpkin Spice</b>	Great Value Bran Flakes
<b>Kellogg's Frosted Mini-Wheats Little Bites</b>	IGA Bran Flakes
<b>Kellogg's Special K</b>	Signature Select Bran Flakes
Post Honey Bunches of Oats Roasted	<b>WinCo Foods Bran Flakes</b>

**Cereals fortified similar to a Vitamin Supplement**

Total Whole Grain and all private label bran cereals are fortified similar to a vitamin supplement.

Cereal	Fortification
<b>Total Whole Grain</b>	3 g pro, 10% Vit D, 2% Calcium, 100% Iron, 4% Potassium, 10% Vitamin A, 100% Vitamin C, 100% Vitamin E, 100% Thiamin, 100% Riboflavin, 100% Niacin, 100% Vit B6, 100% Folate, 100% Vitamin B12, 100% Pantothenic Acid, 10% Phosphorus, 10% Magnesium, 100% Zinc
Best Yet Bran Flakes	6% Vit D, 100% iron, 6% potassium, 60% Vit A, 90% Vit C, 100% Vit E, 100% Thiamin, 100% Riboflavin, 100% Niacin, 100% Vit. B6, 100% Folate, 100% Vit B12, 15% Phosphorus, 15% Magnesium, 100% Zinc, 20% Copper
Food Club Bran Flakes	15% Vit D, 100% iron, 4% potassium, 25% Vit A, 100% Vit C, 100% Vit E, 100% Thiamine, 100% Riboflavin, 100% Niacin,, 100% Vitamin B6, 100% Folate, 100% B12, 100% Panthothenic Acid, 15% Phosphorus, 15% Magnesium, 100% Zinc, 15% Copper
Great Value Bran Flakes	100% Iron, Vitamin C, Vitamin E, Thiamine, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Zinc
IGA Bran Flakes	100% iron, 60% Vit A, 90% Vit C, 100% Vit E, 100% Thiamin, 100% Riboflavin, 100% Niacin, 100% Vit. B6, 100% Folate, 100% Vit B12, 100% Pantothenic Acid, 15% Phosphorus, 15% Magnesium, 100% Zinc, 20% Copper
Signature Select Bran Flakes	6% Vit D, 100% iron, 6% potassium, 60% Vit A, 90% Vit C, 100% Vit E, 100% Thiamin, 100% Riboflavin, 100% Niacin, 100% Vit. B6, 100% Folate, 100% Vit B12, 100% Pantothenic Acid, 15% Phosphorus, 15% Magnesium, 100% Zinc, 20% Copper
<b>WinCo Foods Bran Flakes</b>	6% Vit D, 100% iron, 6% potassium, 60% Vit A, 90% Vit C, 100% Vit E, 100% Thiamin, 100% Riboflavin, 100% Niacin, 100% Vit. B6, 100% Folate, 100% Vit B12, 100% Pantothenic Acid, 15% Phosphorus, 15% Magnesium, 100% Zinc, 20% Copper