

Cereals That Meet the Infant and Pre-K Meal Pattern Sugar Limit Requirements

The cereals below contain no more than 6 grams of sugar per dry ounce, but may **not** be whole grain-rich. Cereals that are whole grain-rich are denoted with (WGR). Always check nutrition facts labels and ingredient labels as cereals are subject to change. For cereals not listed below, complete a [sugar calculation](#) or use the [USDA sugar limits chart](#) to determine if the cereal meets the sugar limit.

Ready-to-Eat Cereals

General Mills Cheerios, plain (WGR)
General Mills Multi Grain Cheerios (WGR)
General Mills Corn Chex
General Mills Rice Chex
General Mills Wheat Chex (WGR)
General Mills Kix, plain (WGR)
General Mills Honey Kix (WGR)
General Mills Total, plain (WGR)
General Mills Wheaties, plain (WGR)
Kellogg's Corn Flakes, plain
Kellogg's Crispix, plain
Kellogg's Original Frosted Mini-Wheats (WGR)
Kellogg's Original Frosted Mini-Wheats Little Bites (WGR)
Kellogg's Unfrosted Bite Size Mini-Wheats (WGR)
Kellogg's Frosted Mini-Wheats Touch of Fruit, raspberry (WGR)
Kellogg's Rice Krispies, plain
Kellogg's Special K, plain
Malt-O-Meal Crispy Rice
Malt-O-Meal Frosted Mini Spooners (WGR)
Post Bran Flakes, plain (WGR)
Post Grape Nuts, plain (WGR)
Post Grape Nuts Flakes (WGR)
Post Great Grains Banana Nut Crunch (WGR)
Post Honey Bunches of Oats with Almonds
Post Honey Bunches of Oats with Cinnamon Bunches
Post Honey Bunches of Oats Honey Roasted
Post Honey Bunches of Oats with Vanilla Bunches (WGR)
Post Honey Bunches of Oats Whole Grain Honey Crunch (WGR)
Post Honey Bunches of Oats Whole Grain Almond Crunch (WGR)
Quaker Life Cereal, original (WGR)
Quaker Oatmeal Squares – Brown Sugar (WGR)
Quaker Oatmeal Squares – Cinnamon (WGR)
Sunbelt Bakery Simple Granola (WGR)
Corn Flakes (any store brand), plain
Crisp or Crispy Rice Cereal (any store brand), plain
Frosted Shredded Wheat (any store brand), plain frosting only (WGR)
Tasteos or Toasted Oats (any store brand), plain (WGR)

Store brands: Best Choice, Centrella, Clear Value, Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Roundy's, Schnucks, Shurfine, ValueTime

Hot Cereals

CoCo Wheats

Cream of Wheat – 1 minute, 2.5 minutes, 10 minutes, Original, Whole Grain (only Whole Grain variety is WGR)

Cream of Rice

Farina Mills Farina Wheat Hot Cereal, original

Malt-O-Meal Original Hot Wheat

Malt-O-Meal Chocolate Hot Wheat

Quaker Quick 1 Minute Oats (WGR)

Quaker Original Instant Oatmeal (WGR)

Quaker Instant Grits, all flavors

Instant Oatmeal (any store brand), plain (WGR)

Hot cereal store brands: Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kroger, Meijer, Our Family, Roundy's, Schnucks, Shurfine

The cereal sugar limit is consistent with the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The above cereals are WIC-approved foods; DPI does not endorse specific brands.