



Breakfast  
**CLUB**  
of Canada



**CLUB**  
des petits  
déjeuners

## Cereals for Breakfast Programs

A healthy breakfast consists of a variety of fresh, whole foods that are in line with Canada's Food Guide and school nutrition guidelines. To cut down on your time reading labels and to help decipher the claims found on cereal boxes, Breakfast Club of Canada has put together a list of hot and cold cereals that fall within the most strict school nutrition guidelines in Canada. Cereals can be a good breakfast choice if you avoid those that have high sugar and low fibre.

Although we have included a list of hot cereals, buying plain oats is far cheaper, tastier and healthier than packaged oats that contain sugar and artificial flavorings. Try adding your own toppings to cooked oats, such as fruit, apple sauce, cinnamon, nuts, seeds, coconut, or yogurt.

Please note that some of the cereals below may contain, or may have come in contact with nuts. Please read the ingredients carefully if you are concerned with allergies.

### **HOT CEREALS**

**[Listed from lowest to highest sugar content]**

- Red River Hot Cereal
- Cream of Wheat Instant Whole Grain
- Quaker Instant Oatmeal Original
- President's Choice Instant Oatmeal Regular
- President's Choice Blue Menu 100% Whole Grain Steel Cut Oats
- Compliments Balance Regular Instant Oatmeal
- President's Choice Blue Menu Steel Cut Oats
- Quaker High Protein Oatmeal Triple Berry
- Quaker High Protein Oatmeal Maple and Brown Sugar
- Quaker Lightly Sweetened Oatmeal Apples and Cinnamon
- Quaker Instant Oatmeal Brown Sugar and Cinnamon
- President's Choice Blue Menu Steel Cut Oats Maple and Brown Sugar
- Compliments Balance Instant Oatmeal Strawberry and Vanilla
- Quaker High Fibre Instant Oatmeal Wild Berry Medley



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### **COLD CEREALS – NUT FREE**

[Listed from lowest to highest sugar content]

- Post Shredded Wheat
- Post Spoon Size Shredded Wheat
- Post Spoon Size Shredded Wheat and Bran
- Quaker Muffets Shredded Wheat
- General Mills Fibre One Crunchy Original
- President's Choice Puffed Wheat
- Compliments Balance Bite Sized Wheat
- President's Choice Toasted O's
- Compliments Oatie O's
- General Mills Cheerios
- Weetabix
- President's Choice Blue Menu Bran Flakes
- Post Grape Nuts
- PC Blue Menu Protein Whole Grain Cereal with Strawberries
- Compliments Balance Bran Flakes
- President's Choice Wheat Squares
- General Mills Fibre One Honey Clusters
- President's Choice Blue Menu Fibre First
- Nature's Path Mesa Sunrise (Gluten Free)
- Kellogg's All Bran Flakes
- Quaker Oatmeal Squares
- Weetabix Grain Shop
- Post Shreddies
- Quaker Multi-Grain Life
- Compliments Balance Very High Fibre Bran
- Kellogg's Just Right
- Kellogg's Special K Granola
- Kellogg's Mini-Wheats Raspberry Centres
- Kellogg's Mini-Wheats Harvest Blueberry and Red Wheat
- Compliments Wheat Squares
- Kellogg's All Bran Strawberry Flavour
- Kellogg's Mini-Wheats Original
- President's Choice Bite Sized Frosted Shredded Wheat
- Kellogg's Special K Low Fat Granola
- Kellogg's All Bran Original
- General Mills Multi-Grain Cheerios
- President's Choice Blue Menu Multi-Grain O's
- Post Honey Bunches of Oats
- Quaker Life
- Quaker Corn Bran Squares
- President's Choice Blue Menu Fibre Plus Bran Flakes
- Nature's Path Sunrise Crunchy Vanilla (Gluten Free)
- Kellogg's Mini-Wheats Brown Sugar
- Kellogg's Rice Krispies Multi-Grain Shapes
- General Mills Oatmeal Crisp Triple Berry
- Post Honey Shreddies
- Kellogg's All Bran Cranberries and Clusters
- Post Honey Bunches of Oats with Apples and Cinnamon Bunches
- Post 100% Bran
- Kellogg's Special K Red Berries
- Quaker Oatmeal Squares Maple and Brown Sugar
- Kellogg's All Bran Buds
- Kellogg's Raisin Bran
- General Mills Oatmeal Crisp Dark Chocolate and Cranberry



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### **COLD CEREALS – CONTAINING NUTS**

[Listed from lowest to highest sugar content]

- Northern Gold Whole Grain Granola Honey Almond
- Alpen No Sugar Added
- President's Choice Blue Menu Quinoa and Wheat Flakes with Purple Corn
- No Name Raisin Almond Granola
- President's Choice Blue Menu Omega-3 Granola
- Nature's Path Peanut Butter Granola
- Rogers Five Grain Granola Hazelnut Honey
- Nature Valley Toasted Oat Muesli Field Berry
- Alpen Dark Chocolate
- President's Choice Blue Menu Omega-3 Almond Vanilla Granola
- President's Choice Blue Menu Muesli
- Rogers Five Grain Granola Low Fat Raspberry Almond
- Northern Gold Whole Grain Granola Raspberry and Blueberry
- Special K Nourish Apples, Raspberries and Almonds
- General Mills Edge with Protein
- General Mills Edge with Protein Maple Flavor Nut Cluster
- Post Honey Bunches of Oats with Almonds
- Post Great Grains Raisin Date Pecan
- Special K Nourish Coconut, Cranberries and Almonds
- General Mills Oatmeal Crisp Maple Nut
- General Mills Oatmeal Crisp Almond
- President's Choice Cranberry Almond Cereal
- Quaker Harvest Hearty Medleys Fruit, Nut and Omega 3
- Quaker Harvest Hearty Medleys Apple Cranberry Almond
- Quaker Harvest Hearty Medleys Banana Nut
- Post Cranberry Almond Crunch

Nutrient quantities in all products were adjusted to a 30g reference amount to ensure comparison of nutrients in equal amounts of food. All products listed have less than 8g sugar and more than 2g fibre per 30g serving. Many products were excluded due to low fiber, low iron, high sugar and/or high sodium content. Information was collected at two national grocery stores in June 2016. Product nutrition information and allergy information may change; please review each product before serving.