

Low-Sugar Breakfast Cereals

If you love cereal for breakfast, try one of these 31, including Kix, that are healthier for you than most-
-unless you add two tsp. of sugar like we do.



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100% BRAN	GRAPE NUT FLAKES	PRODUCT 19
ALL-BRAN	GRAPE NUTS	PUFFED RICE
BRAN FLAKES	HONEY BUNCHES	PUFFED WHEAT
CHEERIOS	OF OATS	RICE CHEX
CORN CHEX	KIX	RICE KRISPIES
CORN FLAKES	LIFE	SHREDDED WHEAT
CREAM OF RICE	MINI WHEATS	SPECIAL K
CREAM OF WHEAT	MULTIGRAIN	TOTAL
CRISPIX	CHEERIOS	WEETABIX
FIBER ONE	OAT BRAN	WHEAT CHEX
GOLEAN	OATMEAL	WHEATIES

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