

HIGH FIBER CEREALS



1. All-Bran Buds (Kellogg's)
2. Fiber One (General Mills)
3. All-Bran (Kellogg's)
4. Grape-Nuts (Post)
5. Cascadian Farms Hearty Morning
6. Familia Swiss Muesli – original
7. Bob's Red Mill Wheat Rolled (Flakes)
8. Real Oat Bran – Almond Crunch (Health Valley)
9. Familia Swiss Muesli – no sugar
10. Heartland Granola- Original
11. Heartland Granola- Raisin
12. Raisin Bran (Kellogg's)
13. Golden Flax (Health Valley)
14. Breadshop Blueberry 'n Cream (Arrowhead Mills)
15. Multi-Bran Chex (General Mills)
16. Cracklin' Oat Bran (Kellogg's)
17. Alpen (Weetabix)
18. Organic Fiber 7 Flakes (Health Valley)
19. Bran Flakes (Post)
20. Mini-Wheats (Various Flavors) – Raisin, Apple Cinnamon, Blueberry, (Kellogg's)
21. Barbara's Original Puffins
22. Bite Size Shredded Wheat (Arrowhead Mills)
23. Complete Wheat Bran Flakes (Kellogg's)
24. Great Grains Crunchy Pecan (Post)
25. Great Grains Raisins, Dates, Pecans (Post)
26. Mueslix – (Kellogg's)
27. Mini-Wheats – Frosted bite size Kellogg's
28. Mini-Wheats – Frosted Original Kellogg's
29. Mini-Wheats- Strawberry Kellogg's
30. Low Fat Granola (Kellogg's)
31. Organic Amaranth Flakes (Health Valley)
32. Wheat Chex (General Mills)
33. Organic Blue Corn Flakes (Health Valley)
34. Low Fat Granola with Raisins (Kellogg's)
35. Bite Size Shredded Wheat, Sweetened (Arrowhead Mills)
36. Nature Valley Low Fat Fruit Granola (General Mills)
37. Raisin Nut Bran (General Mills)
38. Total Raisin Bran (General Mills)
39. Oatmeal Squares – Cinnamon (Quaker)
40. Banana Nut Crunch Great Grains (Post)
41. Oatmeal Crisp – Almond (General Mills)
42. Oatmeal Squares (Quaker)
43. Organic Oat Bran Flakes with Raisins (Health Valley)
44. Organic Oat Bran Flakes (Arrowhead Mills)