

Cereals that aren't as healthy as they sound

In our recent tests, we evaluated breakfast cereals for nutritional quality and we tasted those that received at least a Very Good rating for nutrition. (You can find those Ratings at www.consumerreports.org/cro/breakfastmatters1014.) The remaining 35 cereals listed here received a Good rating or below for nutrition and are ranked in order of nutrition (we did not taste these).

Product	Package size (oz.)	Serving size	Price per serving (\$)	Nutrition score	Per serving					
					Calories	Total fat (g)	Sugars (g)	Dietary fiber (g)	Sodium (mg)	Protein (g)
Nature's Path Organic Qi'a Chia, Buckwheat & Hemp Cranberry Vanilla	7.9	2 table- spoons	\$1.14	60	140	6	3	4	0	6
Post Bran Flakes	16	¾ cup	0.26	60	100	0.5	5	5	180	3
Kashi GoLean Crisp Toasted Berry Crumbles	14	¾ cup	0.50	59	190	4	11	8	125	9
The Silver Palate Grain Berry Bran Flakes	12	¾ cup	0.29	59	120	0.5	5	5	180	3
Kashi Organic Promise Berry Fruitful	15.6	29 biscuits	0.44	59	170	0.5	8	6	0	6
Kashi Organic Promise Autumn Wheat	16.3	29 biscuits	0.43	58	180	1	7	6	0	6
Kellogg's Frosted Mini Wheats Original	18	21 biscuits	0.39	58	190	1	11	6	0	5
Malt-O-Meal Frosted Mini Spooners	18	1 cup	0.30	58	190	1	11	6	10	5
Great Value Frosted Shredded Wheat (Walmart)	24	1 cup	0.23	57	180	1	11	5	0	4
Market Pantry Frosted Shredded Wheat (Target)	18	1 cup	0.24	57	180	1	11	5	0	4
Post Grape-Nuts Fit Cranberry Vanilla	19.2	2/3 cup	0.39	56	220	3	9	5	95	6
Special K Red Berries	11.2	1 cup	0.35	56	110	0	9	3	190	2
Nature's Path Organic Heritage Flakes	32	¾ cup	0.23	56	120	1	4	5	130	4
Barbara's Morning Oat Crunch Original	14	1 cup	0.58	55	210	2	12	5	250	6
Kashi GoLean Crunch	13.8	1 cup	0.50	54	200	3	13	8	100	9
Kashi Heart to Heart Honey Toasted	12	¾ cup	0.34	53	120	1.5	5	4	90	4
Cascadian Farm Organic Purely O's	8.6	1¼ cup	0.61	52	120	1.5	1	3	200	3
Cascadian Farm Multi Grain Squares	12.3	1 cup	0.72	52	200	1	7	4	180	5
Nature's Path Organic Whole O's	11.5	2/3 cup	0.40	51	120	1.5	4	3	115	2
Quaker Simply Granola with Oats, Honey, Raisins, & Almonds	28	½ cup	0.31	51	210	5	13	5	30	5
Market Pantry Raisin Bran (Target)	18.7	1 cup	0.29	51	190	1	17	7	230	4
Kirkland Signature Nature's Path Organic Ancient Grains Granola with Almonds (Costco)	35.3	¾ cup	0.41	50	250	9	9	6	135	5
Post Great Grains Cranberry Almond Crunch	14	¾ cup	0.45	49	180	3	12	5	105	4
Post Great Grains Raisins, Dates & Pecans	16	¾ cup	0.46	49	210	4	13	5	135	4
Great Value Raisin Bran (Walmart)	20	1 cup	0.23	49	210	1	18	7	350	4
Kellogg's Raisin Bran	18.7	1 cup	0.33	49	190	1	18	7	210	5
Kashi Organic Promise Indigo Morning	10.3	¾ cup	0.47	48	100	1	6	2	125	2
Post Raisin Bran	25	1 cup	0.28	47	190	1	19	8	230	5
Nature's Path Organic Flax Plus Pumpkin Flax Granola	11.5	¾ cup	0.55	47	260	10	10	5	45	6
Kellogg's Smart Start	17.5	1 cup	0.40	47	190	1	14	3	210	4
Quaker Real Medleys Cherry Almond Pecan Multigrain	17	¾ cup	0.39	42	240	7	15	3	40	5
Cascadian Farm Organic Oats and Honey Granola	16	2/3 cup	0.43	42	250	6	15	3	105	5
Bear Naked Fruit and Nut Goodie Bag	12	¼ cup	0.36	41	140	6	7	2	0	3
Sunbelt Bakery Fruit & Nut Granola with Raisins, Dates & Almonds	16	2/3 cup	0.34	38	240	7	16	3	50	4
Special K Original	18	1 cup	0.28	37	120	0.5	4	0	220	6