



Healthier Cereal Choices for use in the North Carolina Child and Adult Food Program (CACFP)

The following list of cereals is approved for use in the North Carolina Women, Infants and Children (WIC) Program. NC WIC approved cereals are healthy choices because they:

- are lower in sugar (not more than 6 grams of sucrose and other sugars per 1 dry ounce)
- include whole grain as the primary ingredient by weight AND meet labeling requirements for making a FDA health claim as a “whole-grain food with moderate fat content”
- are higher in iron (at least 28 mg iron per 100 grams; e.g., iron = 45% U.S. RDA for adults per 1-ounce dry cereal)



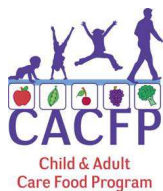
CACFP institutions/facilities are encouraged (as a best practice) to serve cereals that meet these same lower sugar and whole grain criteria.

Purchasing any of the following cereals will:

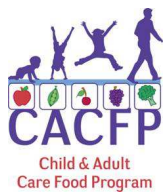
- make it easy for you to meet CACFP best practices
- improve the nutritional quality of your menus
- be familiar to the children you care for (and their families) since many may also be on WIC and are eating these cereals at home
- be more readily available through a variety of stores and distributors in NC

Please note that you may find other cereals not included on this list that meet the lower sugar criteria and whole grain recommendations. You can use the Nutrition Facts label and Ingredient List to assist you.

Product Name	Brand Name(s)
All-Bran Complete Wheat Flakes	Kellogg’s
Alpha-Bits	Post
Apple Cinnamon	Grain Berry
Berry Berry Kix	General Mills
Bite Size Frosted Blueberry Shredded Wheat	IGA, Kroger
Bite Size Frosted Shredded Wheat	Food Club, HY•TOP, IGA, Kiggins, Kroger
Bite Size Frosted Strawberry Shredded Wheat	IGA
Bite Size Strawberry Cream Frosted Shredded Wheat	Kroger
Bite-Sized Frosted Shredded Wheat	Food Lion, Hannaford, My Essentials
Bite-Sized Strawberry Frosted Shredded Wheat	Food Lion, My Essentials



Product Name	Brand Name(s)
Blueberry Mini Spooners®	Malt-O-Meal
Bran Flakes	Best Choice, Food Lion, Grain Berry, Great Value (Walmart), Hannaford, HY•TOP, IGA, Kiggins, Kroger, Lowes Foods, Post, Publix, Shurfine, Southern Home
Cheerios	General Mills
Corn Chex	General Mills
Crunchy Nuggets	Great Value
Crunchy Oat Squares	Essential Everyday, Great Value
Crunchy Wheat Squares	Essential Everyday
Dora the Explorer	General Mills
Enriched Bran Flakes	Harris Teeter, Piggly Wiggly
Essential Choice Bran Flakes	Food Club
Essential Choice Oat Cereal	Food Club
Essential Choice Wheat and Crunchy	Food Club
4 Corner Crunch Original	Our Family
4 Corner Crunch Original Multi-Grain Cereal	Our Family
4 Corner Crunch Original Oat Cereal	Our Family
Frosted MiniOwheats Little Bites	Kellogg's
Frosted Mini-Wheats Touch of Fruit in the Middle: Raisin	Kellogg's
Frosted Mini-Wheats Touch of Fruit in the Middle: Raspberry	Kellogg's
Frosted Shredded Wheat	Always Save, Great Value, Market Pantry, Piggly Wiggly, Southern Home
Frosted Shredded Wheat Bite Size	Best Choice, Lowes Foods, Ralston
Frosted Shredded Wheat Bite Size Strawberry	Best Choice
Frosted Strawberry Shredded Wheat	Market Pantry
Frosted Wheat	Publix
Grape-Nuts	Post
Grape-Nuts Flakes	Post
Great Grains Banana Nut Crunch	Post



Product Name	Brand Name(s)
Happy O's	Best Choice
High Fiber Bran Flakes	Our Family
Honey Bunches of Oats Whole Grain Honey Crunch	Post
Honey Bunches of Oats Whole Grain with Vanilla Bunches	Post
Honey Kix	General Mills
Honey Nut	Grain Berry
Kix	General Mills
Little Bit Nutty	Laura Lynn
Live Life @ 100%	Best Choice
Live Wise	Harris Teeter
Lively Oats	Shurfine
Living Well	Fred Meyer
Living Well Multi-Grain Cereal	Kroger
MultiGrain	Essential Everyday
MultiGrain Cheerios	General Mills
MultiGrain Tostitos	Food Lion, My Essential
Multi-Grain Toasted Cereal	Kroger
Multi-Grain Toasted Oats	Our Family
Nutty Crunchers	Shurfine
Nutty Nuggets	Best Choice, Essential Everyday, Hannaford, IGA, Kroger, Lowes Foods, Our Family, Publix
Oat Crunch Original	Publix
Oat Squares	Kroger
Oat Wise	Ralston
Oatmeal Squares with Brown Sugar	Food Club
Rice Chex	General Mills
Rollin' Oats	Kiggins
Shredded Wheat	Grain Berry
Shredded Wheat Honey Nut	Post
Simple Granola	Sunbelt Bakery

Product Name	Brand Name(s)
Simple Living	Food Lion
Strawberry Cream Frosted Bite Size Shredded Wheat	Our Family
Strawberry Cream Mini Spooners®	Malt-O-Meal
Tasteeos	Food Lion, Hannaford, IGA, Lowes Foods, My Essentials, Ralston Foods
Toasted Multi-Grain	Great Value
Toasted Oats	Always Save, Essential Everyday, Fred Meyer, Frys, Grain Berry, Harris Teeter, HY•TOP, IGA, Kroger, Laura Lynn, Market Pantry(Target), Our Family, Piggly Wiggly, Publix, Shurfine, Southern Home
Toasted Oats Multi Grain	Laura Lynn
Toasted Oats Original	Food Club
Toasted Wheat	Great Value, Hannaford
Toasted Whole-Grain Oats	Great Value
Total Whole Grain	General Mills
Wheat Biscuits	Our Family
Wheat Bran Flakes	Essential Everyday, Laura Lynn, Ralston
Wheat Chex	General Mills
Wheat Crisps	Best Choice
Wheat Flakes	Best Choice, Hannaford
Wheat Squares	Food Club, Shurfine
Wheaties	General Mills
Whole Grain 2 ½ Minute	Cream of Wheat

North Carolina Department of Health and Human Services
 Division of Public Health • Nutrition Services Branch
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