

## 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:

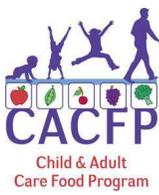
- make it easy for you to meet CACFP best practices
- improve the nutritional quality of your menus
- be familiar to the children you care for (and their families) since many may also be on WIC and are eating these cereals at home
- be more readily available through a variety of stores and distributors 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)
<b>All-Bran Complete Wheat Flakes</b>	Kellogg’s
<b>Alpha-Bits</b>	Post
<b>Apple Cinnamon</b>	Grain Berry
<b>Berry Berry Kix</b>	General Mills
<b>Bite Size Frosted Blueberry Shredded Wheat</b>	IGA, Kroger
<b>Bite Size Frosted Shredded Wheat</b>	Food Club, HY•TOP, IGA, Kiggins, Kroger
<b>Bite Size Frosted Strawberry Shredded Wheat</b>	IGA
<b>Bite Size Strawberry Cream Frosted Shredded Wheat</b>	Kroger
<b>Bite-Sized Frosted Shredded Wheat</b>	Food Lion, Hannaford, My Essentials
<b>Bite-Sized Strawberry Frosted Shredded Wheat</b>	Food Lion, My Essentials



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



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

Product Name	Brand Name(s)
<b>Simple Living</b>	Food Lion
<b>Strawberry Cream Frosted Bite Size Shredded Wheat</b>	Our Family
<b>Strawberry Cream Mini Spooners®</b>	Malt-O-Meal
<b>Tasteeos</b>	Food Lion, Hannaford, IGA, Lowes Foods, My Essentials, Ralston Foods
<b>Toasted Multi-Grain</b>	Great Value
<b>Toasted Oats</b>	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
<b>Toasted Oats Multi Grain</b>	Laura Lynn
<b>Toasted Oats Original</b>	Food Club
<b>Toasted Wheat</b>	Great Value, Hannaford
<b>Toasted Whole-Grain Oats</b>	Great Value
<b>Total Whole Grain</b>	General Mills
<b>Wheat Biscuits</b>	Our Family
<b>Wheat Bran Flakes</b>	Essential Everyday, Laura Lynn, Ralston
<b>Wheat Chex</b>	General Mills
<b>Wheat Crisps</b>	Best Choice
<b>Wheat Flakes</b>	Best Choice, Hannaford
<b>Wheat Squares</b>	Food Club, Shurfine
<b>Wheaties</b>	General Mills
<b>Whole Grain 2 ½ Minute</b>	Cream of Wheat

North Carolina Department of Health and Human Services  
 Division of Public Health • Nutrition Services Branch  
[www.ncdhhs.gov](http://www.ncdhhs.gov) • [www.nutritionnc.com](http://www.nutritionnc.com)  
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