



DR. MCDUGALL'S
HEALTH & MEDICAL CENTER

It's the Food.™

<https://www.drmcDougall.com/health/education/free-mcdougall-program/canned-packaged-foods/low-fat-foods/cold-cereals/>

Cold Cereals

Arrowhead Mills

Amaranth Flakes, Wheat Flakes, Bran Flakes, Corn Flakes, Kamut Flakes, Spelt Flakes, Multigrain Flakes Puffed Wheat, Puffed Rice, Puffed Millet, Puffed Corn, Puffed Kamut, Nature O's, Shredded Wheat

Alvarado St. Bakery

Organic Granola

Back to Nature

Apple Blueberry Granola, Classic Granola

Barbara's Bakery

Breakfast O's, Brown Rice Crisps, Corn Flakes, Shredded Wheat, Shredded Spoonfuls, Shredded Oats, Shredded Oats Cinnamon Crunch, Ultima Original, Ultima Pomegranate

Bob's Red Mill

Apple Blueberry Granola, Apple Strawberry Granola, Apple Cinnamon Granola, Natural Granola

Cascadian Farm

Purely O's, Honey Nut O's, Raisin Bran, Multi-Grain Squares, Wheat Crunch

Envirokidz

Cheetah Chomps, Koala Crisps, Gorilla Munch, Amazon Frosted Flakes, Orangutan-O's

General Mills: Cheerios

Health Valley

Real Oat Bran Almond Crunch, Organic Blue Corn Flakes, Organic Oat Bran Flakes, Organic Oat Bran Flakes with Raisins, Organic Fiber 7 Flakes, Organic Amaranth Flakes, Organic Golden Flax

Kashi

Kashi Puffs, Kashi Honey Puffs, Kashi Flakes, Kashi Nuggets, Strawberry Fields, Cinnamon Harvest, Autumn Wheat, Heart to Heart Honey Toasted Oat Cereal

Mothers (Quaker Oats Co.)

Cinnamon Oat Crunch, Graham Bumpers, Toasted Oat Bran

Nabisco: Shredded Wheat

Nature's Path Food

Millet Rice Flakes, Multi Grain Oatbran Flakes, Crispy Rice, Corn Flakes, Whole O's, Heritage Flakes, Shredded Heritage Bites, Shredded Oaty Bites, Mesa Sunrise Flakes, Flax Plus Multibran Flakes, Crunchy Maple Sunrise, Crunchy Vanilla Sunrise, Corn Puffs, Kamut Puffs, Millet Puffs, Rice Puffs

Perky Foods: Crunchy Flax, Crunchy Rice

Post: Grape-Nuts, Shredded Wheat

Trader Joe's

Raisin Bran, Organic High Fiber O's, Shredded Bite Size Wheats, Toasted Oatmeal Flakes, Natural Toasted Oat Bran, Golden Roasted Whole Flax Seed

U.S. Mills

Erewhon; Rice Twice, Crunchy Corn & Amaranth, Kamut Flakes, Corn Flakes, Raisin Bran, Crispy Brown Rice, New Morning; Oatios, Apple Cinnamon Oatios, Skinner's; Raisin Bran, Uncle Sam Cereal

Whole Foods Market/365

Honey Puffed Wheat, Frosted Flakes, Corn Flakes, Bite-Size Shredded Wheat, Bite-Size Frosted Shredded Wheat, Raisin Bran, Golden Flax Flakes, Hearty Whole Grain Toasted O's, Organic Brown Rice Crisps, Organic Peanut Butter Pows, Organic Morning O's, Organic Honey and Nut Morning O's.