



## Healthier Cereal Choices for use in the North Carolina CACFP

The following list of cereals is approved for use in the North Carolina Women, Infants and Children (WIC) Program.

- All breakfast cereals listed below (pages 1-6) and on any state WIC food list are enriched, fortified, or whole grain-rich cereals. These cereals also meet the CACFP sugar limit of no more than 6 grams of sugar per dry ounce. Therefore, they are creditable as a **GRAIN** component in the CACFP.
- However, not all cereals listed on WIC food lists are creditable as **whole grain-rich (WGR)**.
- Use the chart below to identify which cereals are creditable as a **WGR** or **GRAIN** component in the CACFP.



The following cereals are **whole grain-rich** in the CACFP:

Cereal Brand	Product Name	Whole grain-rich in CACFP?
<b>Always Save</b>	Frosted Shredded Wheat	Yes
	Toasted Oats	Yes
<b>Avenue A</b>	Toasted Oats	Yes
<b>Best Choice</b>	Bran Flakes	Yes
	Frosted Shredded Wheat Bite Size	Yes
	Frosted Shredded Wheat Bite Size Strawberry	Yes
	Happy O's	Yes
	Live Life	Yes
	Nutty Nuggets	Yes
	Wheat Crisps	Yes
	Wheat Flakes	Yes
<b>Cream of Wheat</b>	Whole Grain 2 ½ Minute	Yes
<b>Essential Everyday</b>	Bite Size Shred Wheat Frosted	Yes
	Crunchy Oat Squares	Yes
	Crunchy Wheat Squares	Yes
	Multigrain	Yes
	Nutty Nuggets	Yes
	Toasted Oats	Yes
<b>Food Club</b>	Wheat Bran Flakes	Yes
	Bite Size Frosted Shredded Wheat	Yes
	Essential Choice Bran Flakes	Yes
	Essential Choice Oat	Yes
	Essential Choice Wheat & Crunchy	Yes
	Oatmeal Squares with Brown Sugar	Yes
	Regular Instant Oatmeal	Yes
	Strawberry Frosted Shredded Wheat	Yes
	Toasted Oats	Yes
	Wheat Squares	Yes

Cereal Brand	Product Name	Whole grain-rich in CACFP?
<b>Food Lion</b>	Bite-Sized Frosted Shredded Wheat	Yes
	Bite-Sized Strawberry Frosted Shredded Wheat	Yes
	Bran Flakes	Yes
	Easy Living	Yes
	Multigrain Tasteeos	Yes
	Regular Instant Oatmeal	Yes
	Simply Living	Yes
	Simply Living Oat	Yes
	Tasteeos	Yes
	Tasteeos Toasted Oat	Yes
<b>Fred Meyer</b>	Living Well	Yes
	Toasted Oats	Yes
<b>Fry's</b>	Toasted Oats	Yes
<b>General Mills</b>	123 Sesame Street 123 Berry Number	Yes
	123 Sesame Street C is for Cinnamon Letters	Yes
	Berry Berry Kix	Yes
	Cheerios	Yes
	Cheerios 2-Pack	Yes
	Dora the Explorer	Yes
	Honey Kix	Yes
	Kix	Yes
	Multi-Grain Cheerios	Yes
	Multi-Grain Cheerios 2-Pack	Yes
	Multi-Grain Cheerios with Strawberry	Yes
	Wheat Chex	Yes
	Wheaties	Yes
	Whole Grain Total	Yes
<b>Grain Berry</b>	Apple Cinnamon	Yes
	Cinnamon Frosted	Yes
	Honey Nut	Yes
	Toasted Oats	Yes
<b>Great Value</b>	Bran Flakes	Yes
	Crunchy Nuggets	Yes
	Crunchy Oat Squares	Yes
	Shredded Wheat	Yes
	Toasted Multi-Grain	Yes
	Toasted Wheat	Yes
	Toasted Whole Grain Oat	Yes
	Wheat Squares	Yes

Cereal Brand	Product Name	Whole grain-rich in CACFP?
<b>Hannaford</b>	Bran Flakes	Yes
	Frosted Shredded Wheat	Yes
	Nutty Nuggets	Yes
	Strawberry Frosted Shredded Wheat	Yes
	Tasteos Toasted Oat	Yes
	Toasted Wheat	Yes
	Wheat Flakes	Yes
	<b>Harris Teeter</b>	Enriched Bran Flakes
Frosted Shredded Wheat Strawberry		Yes
Live Wise		Yes
Livewise Crispy Oat Squares		Yes
Nutty Bites		Yes
Oatmeal Squares Brown Sugar		Yes
Original Instant Oatmeal		Yes
Toasted Oats		Yes
<b>Hy-Top</b>	Bite Size Frosted Shredded Wheat	Yes
	Bran Flakes	Yes
	Crispy Honey Oats & Flakes	Yes
	Toasted Oats	Yes
<b>IGA</b>	Bite Size Frosted Blueberry Shredded Wheat	Yes
	Bite Size Frosted Shredded Wheat	Yes
	Bite Size Frosted Strawberry Shredded Wheat	Yes
	Bite Size Shredded Wheat	Yes
	Bran Flakes	Yes
	Nutty Nuggets	Yes
	Original Toasted Oats	Yes
	Tasteos	Yes
	Toasted Oats	Yes
<b>Kellogg's</b>	All-Bran Complete Wheat Flakes	Yes
	Frosted Mini-Wheats	Yes
	Frosted Mini-Wheats Blueberry	Yes
	Frosted Mini-Wheats Chocolate	Yes
	Frosted Mini-Wheats Cinnamon Roll	Yes
	Frosted Mini-Wheats Filled Mixed Berry	Yes
	Frosted Mini-Wheats Little Bites	Yes
	Frosted Mini-Wheats Pumpkin Spice	Yes
	Frosted Mini-Wheats Strawberry	Yes
	Frosted Mini-Wheats Touch of Fruit in the Middle Raisin	Yes
	Frosted Mini-Wheats Touch of Fruit in the Middle Raspberry	Yes
	Mini-Wheats	Yes
	Special K Multigrain	Yes
	Special K Protein	Yes
Special K Protein Honey Almond	Yes	

Cereal Brand	Product Name	Whole grain-rich in CACFP?
<b>Kiggins</b>	Bite Size Frosted Shredded Wheat	Yes
	Bran Flakes	Yes
	Rollin' Oats	Yes
<b>Kroger</b>	Bite Size Frosted Shredded Wheat	Yes
	Bite Size Strawberry Cream Frosted Shredded	Yes
	Blueberry Frosted Shredded Wheat	Yes
	Bran Flakes	Yes
	Living Well Multi-Grain	Yes
	Living Well Whole Grain Oat	Yes
	Multi-Grain Toasted Oats	Yes
	Nutty Nuggets	Yes
	Oat Squares	Yes
Toasted Oats	Yes	
<b>Laura Lynn</b>	Little Bit Nutty	Yes
	Toasted Oats	Yes
	Toasted Oats Multi Grain	Yes
	Wheat Bran Flakes	Yes
<b>Lowe's Foods</b>	Bran Flakes	Yes
	Frosted Shredded Wheat	Yes
	Nutty Nuggets	Yes
	Tasteos Toasted Oat	Yes
<b>Malt O Meal</b>	Blueberry Mini Spooners	Yes
	Frosted Mini Spooners	Yes
	Strawberry Cream Mini Spooners	Yes
<b>Market Pantry</b>	Frosted Shredded Wheat	Yes
	Frosted Strawberry Shredded Wheat	Yes
	Toasted Oats	Yes
<b>My Essentials</b>	Frosted Shredded Wheat	Yes
	Multigrain Tasteos	Yes
	Strawberry Shredded Wheat	Yes
	Tasteos Toasted Oat	Yes
<b>Our Family</b>	4 Corner Crunch Original	Yes
	4 Corner Crunch Original Multi-Grain	Yes
	4 Corner Original Oat	Yes
	Frosted Bite Size Shredded Wheat	Yes
	High Fiber Bran Flakes	Yes
	Multi-Grain Toasted Oats	Yes
	Nutty Nuggets	Yes
	Original Instant Oatmeal	Yes
	Strawberry Cream Frosted Bite Size Shredded Wheat	Yes
Toasted Oats	Yes	

Cereal Brand	Product Name	Whole grain-rich in CACFP?
<b>Piggly Wiggly</b>	Enriched Bran Flakes	Yes
	Frosted Shredded Wheat	Yes
	Toasted Oats	Yes
<b>Post</b>	Grape-Nuts	Yes
	Great Grains Banana Nut Crunch	Yes
	Honey Bunches of Oats Vanilla	Yes
	Honey Bunches of Oats Whole Grain Honey Crunch	Yes
<b>Publix</b>	Shredded Wheat Honey Nut	Yes
	Bran Flakes	Yes
	Frosted Wheat	Yes
	Nutty Nuggets	Yes
	Original Instant Oatmeal	Yes
<b>Quaker</b>	Original Oat Crunch	Yes
	Life Multigrain	Yes
	Life Multigrain Original	Yes
	Life Multigrain Strawberry	Yes
	Life Multigrain Vanilla	Yes
	Oatmeal Squares Brown Sugar	Yes
	Oatmeal Squares Cinnamon	Yes
	Oatmeal Squares Golden Maple	Yes
	Oatmeal Squares Honey Nut	Yes
	Original Instant Oatmeal	Yes
<b>Ralston</b>	Frosted Shredded Wheat Bite Size	Yes
	Oat Wise	Yes
	Tasteos	Yes
	Wheat Bran Flakes	Yes
	Wheat Flakes	Yes
<b>SE Grocers</b>	Essentials Toasted Oats	Yes
	Frosted Shredded Wheat	Yes
	Oat Squares	Yes
	Original Instant Oatmeal	Yes
	Wheat Bran Flakes	Yes
<b>Shurfine</b>	Bran Flakes	Yes
	Frosted Bite Size Shredded Wheat	Yes
	Lively Oats	Yes
	Nutty Crunchers	Yes
	Toasted Oats	Yes
	Wheat Squares	Yes
<b>Southern Home</b>	Bran Flakes	Yes
	Frosted Shredded Wheat	Yes
	Strawberry Frosted Shredded Wheat	Yes
	Toasted Oats	Yes
<b>Sunbelt Bakery</b>	Simple Granola	Yes
<b>Wegmans</b>	Bran Flakes	Yes
	Wheat Crunch Cereal	Yes

The following cereals are creditable as a **GRAIN** in the CACFP, but not as whole grain-rich.

Cereal Brand	Product Name	Whole grain-rich in CACFP?
<b>Better Valu</b>	Corn Flakes	No
<b>Essential Everyday</b>	Crispy Hexagons Cereal	No
	Crispy Rice Cereal	No
<b>Food Club</b>	Corn Flakes	No
<b>General Mills</b>	Blueberry Chex	No
	Cinnamon Chex	No
	Corn Chex	No
	Rice Chex	No
	Vanilla Chex	No
<b>Hy-Top</b>	Corn Flakes	No
	Crisp Rice	No
<b>Kellogg's</b>	Corn Flakes	No
	Rice Krispies	No
	Special K Original	No
<b>Wegmans</b>	Corn Flakes	No

**Please note:**

If you would like to serve a cereal that is not on this list or any state WIC food list, be sure to use the Nutrition Facts label and Ingredient List to verify the cereal is within the sugar limits and is creditable as WGR or a Grain in the CACFP.