

KIDS CEREALS TO AVOID LIKE THE PLAGUE



CEREAL KILLERS (THE BAD GUYS)

	GMOs, Hydrogenated or partially hydrogenated vegetable oil, annatto, BHT, artificial dyes including red #40, 12g of sugar , 14g of sugar in "Fruit Loops with Marshmallows".
	GMOs, Hydrogenated coconut and soybean oil, annatto, BHT, 9g of sugar .
	GMOs, Partially hydrogenated vegetable oil, artificial dyes including red #40, BHT, 12g of sugar .
	GMOs, Hydrogenated or partially hydrogenated vegetable oil, soy lecithin, BHT and topping our list with 15g of sugar .
	GMOs, corn syrup, artificial dyes including red #40, artificial flavor, 10g of sugar .
	(Boo Berry/Count Chocula/Franken Berry) GMOs , sugar, dextrose and corn syrup, canola oil, BHT, artificial dyes including red #40, artificial flavor, 9g of sugar .
	GMOs, BHT, artificial dyes including red #40, 12g of sugar .
	GMOs, Hydrogenated vegetable oil, artificial dyes including red #40, artificial flavor, BHA, 9g of sugar .
	(Cap'N Crunch CrunchBerries) GMOs , Artificial flavor, artificial dyes including red #40, BHT, 11g of sugar , 15g of sugar in "OOPS! All Berries".
	GMOs, sugar, corn syrup. I had to add this one because of the sugar content: a whopping 14g per serving!

CEREAL ALTERNATIVES (THE GOOD GUYS)



	Nature's Path Fruit Juice Sweetened Corn Flakes		Gluten free. Contains 3g of sugar .
	Nature's Path Honey'd Corn Flakes		Gluten free. Contains 4g of sugar .
	Nature's Path Whole O's		Gluten free. Contains 4g of sugar .
	Envirokidz Peanut Butter Panda Puffs		Gluten free. They do contain 7g of sugar which is reasonable considering they also contain peanut butter for flavor.
	Envirokidz Amazon Frosted Flakes		Gluten free and vegan, 6g of sugar .
	Erewhon Organic Corn Flakes		Gluten free and are listed at " 0 " sugar . Also available in "Mixed Berry" flavor, which contains 2g of sugar .
	Erewhon Crispy Brown Rice		Gluten free. Contain less than 1g of sugar .
	Barbara's Original Puffins		This cereal is wheat-free and only contains 5g of sugar .
	Barbara's Cinnamon Puffins		This cereal is vegan and has 6g of sugar .
	Barbara's Snackimals Vanilla Blast		This cereal is vegan and has 7g of sugar .