



# CEREAL LIST

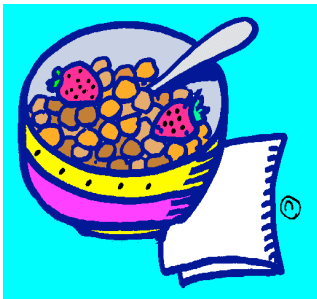
## Low Potassium, Low Phosphorus Cereals

### Low Sugar:

Crispix®  
Corn Flakes (pick lower salt)  
Rice Krispies®  
Rice Chex®  
Corn Chex®  
\*Quaker Crunchy Corn Bran®  
Kix®  
Product 19®

### Hot Cereal:

Cream of Wheat  
Cream of Rice  
Farina  
Grits  
Malto-Meal



\*This is a high fiber cereal



### High Sugar:

Trix®  
Corn Pops®  
Cookie Crisp®  
Frosted Flakes®  
Cocoa Pebbles®  
Berry Berry Kix®  
Cocoa Puffs®  
Apple Jacks®  
Honey Comb®  
Fruity Pebbles®  
Fruit Loops®  
Berry Rice Krispies®  
CHOCOLATE Lucky Charms®  
Cinnamon Crunch Crispix®

Note to Diabetics: Remember to use caution, especially with high sugar cereals.  
Speak to your dietitian about your carbohydrate choices