

# Whole-Grain Cereals

Real Health puts five to the test.

August 29, 2007 By Lou Sackett

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You can't turn on the news without an expert reminding you to eat more whole grains to aid digestion and fight cancer. Manufacturers are listening, filling supermarket shelves with whole-grain standbys like Kellogg's Smart Start and General Mills' Fiber One, Wheaties and Cheerios. But what about those other brands that have been cropping up? We rated five cereals (each costs about \$4.00) for nutrition, flavor and texture, on a scale of zero to three spoons. Dig in!

## **NATURE'S PATH HERITAGE O'S MULTIGRAIN CEREAL**

**Main ingredients** Oats, wheat, kamut, spelt, barley, quinoa, millet

**Nutrients per cup (without milk)** 120 calories, 1 g fat, no cholesterol, 115 mg sodium, 4 g protein, 24 g total carbs, 3 g fiber, 3 g sugars

**Taste** Wheaty, slightly sweet-think Wheaties crossed with malted milk balls.

**Texture** Still crisp after soaking in milk

**Rating** Three spoons; Approved by the kids among our judges

## **NATURE'S PATH HERITAGE FLAKES MULTIGRAIN CEREAL**

**Main ingredients** Oats, wheat, millet, quinoa, kamut, spelt, barley

**Nutrients per cup (without milk)** 100 calories, 1 g fat, no cholesterol, 135 mg sodium, 4 g protein, 23 g total carbs, 6 g fiber, 4 g sugars

**Taste** Nicely wheaty

**Texture** Crunchy even in milk

**Rating** Three spoons

## **KASHI GO LEAN CRUNCH**

**Main ingredients** Oats, rye, wheat, buckwheat, soy, barley, brown rice, sesame seeds

**Nutrients per cup** 190 calories, 3 g fat, no cholesterol, 95 mg sodium, 9 g protein, 36 g total carbs, 8 g fiber, 13 g sugars

**Taste** Sweet, with a hint a cinnamon but a strange aftertaste

**Texture** Crunchy even in milk

**Rating** Two spoons; Our taster kids liked this too

## **ARROWHEAD MILLS ORGANIC KAMUT FLAKES**

**Main ingredients** Kamut flour, amaranth, quinoa, brown rice

**Nutrients per cup (without milk)** 120 calories, 1 g fat, no cholesterol, 70 mg sodium, 4 g protein, 25 g total carbs, 2 g fiber, 2 g sugars

**Taste** Slightly sweet and peppery

**Texture** Eat up-they go limp in a hurry!

**Rating** One spoon

### **KASHI 7 WHOLE GRAIN PUFFS**

**Main ingredients** Oats, rye, wheat, buckwheat, barley, brown rice, sesame seeds

**Nutrients per cup (without milk)** 70 calories, 0.5 g fat, no cholesterol, no sodium, 2 g protein, 15 g total carbs, 1 g fiber, no sugars

**Taste** Nearly tasteless

**Texture** Unpleasantly chewy and soggy in milk

**Rating** Zero spoons

### **Q: WHAT DOES “VITAMIN-ENRICHED” MEAN?**

A: Refining whole grains (to extend shelf life) removes nutrients. Enriching restores all or most of the iron, folate and vitamins B-1, B-2 and B-3. But of other lost nutrients, including magnesium, fiber, zinc, potassium, copper, selenium and vitamins B-6 and E the % restored by enriching = 0.

### **LABEL LINGO**

The Whole Grains Council stamp lists the amount of whole grains per serving so you don't need to pore over the ingredients list. There are currently two versions:

**“WHOLE GRAIN”** The product contains at least 8 grams of whole grain per serving.

**“100% WHOLE GRAIN”** It contains at least 16 grams of whole grain per serving, with no refined grains.