

Student Nutrition Program 2016 Guidelines - Crackers, Cereal Bars, and Cereals

For current nutrition facts and ingredient information, check product packaging. Product formulations may change.

Crackers						
<i>SNP Guideline: Whole grain or whole wheat is the first ingredient on the list</i>						
Brand	Flavour	Serving Size	Sugar (g)	Sodium (mg)	First Ingredient	Allergy Info
Boulangerie Grissol	Rusks 60% Whole Wheat	3 (28g)	1	140	Whole wheat flour	Contains wheat, soya. May contain milk and sesame seeds. Baked in a nut free/peanut free facility.
Boulangerie Grissol	Rustic Flatbreads – Multiseed	2 (30g)	1	180	Whole wheat flour	Contains wheat, oat, and sesame seeds. May contain milk. Baked in a nut free/peanut free facility.
Christie	Premium Plus Whole Wheat	6 (18g)	0	210	Whole grain wheat flour	Contains wheat, barley.
Christie	Triscuit – Original	4 (19g)	0	110	Whole grain wheat	Contains wheat.
Christie	Triscuit –Low Sodium	4 (19g)	0	35	Whole grain wheat	Contains wheat.
Christie	Triscuit – Balsamic & Basil	4 (19g)	1	80	Whole grain wheat	Contains wheat.
Christie	Triscuit - Cracked Pepper & Olive Oil	4 (19g)	0	90	Whole grain wheat	Contains wheat.
Christie	Triscuit – Dill, Sea Salt, & Olive Oil	4 (19g)	0	105	Whole grain wheat	Contains wheat.
Christie	Triscuit – Roasted Red Pepper	4 (19g)	0	70	Whole grain wheat	Contains wheat.
Christie	Triscuit - Rosemary & Olive Oil	4 (19g)	0	85	Whole grain wheat	Contains wheat.
Christie	Triscuit – Smoked Gouda	4 (19g)	0	100	Whole grain wheat	Contains wheat, milk, barley.
Christie	Triscuit – Sweet Potato & Roasted	4 (19g)	0	55	Whole grain	Contains wheat.

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	Onion				wheat	
Christie	Triscuit Thin Crisps – Parmesan Garlic	10 (21g)	0	110	Whole grain wheat	Contains wheat, milk.
Christie	Triscuit Thin Crisps – Original	10 (20g)	0	115	Whole grain wheat	Contains wheat.
Great Value	Reduced Fat Wheat Crackers	5 (22g)	0	110	Whole grain whole wheat	Contains wheat. May contain milk, eggs, soy.
Great Value	Original Wheat Crackers	4 (20g)	0	100	Whole grain whole wheat	Contains wheat. May contain milk, eggs, soy.
Great Value	Wheat Crackers – Rosemary & Olive Oil	4 (20g)	0	110	Whole grain whole wheat	Contains wheat. May contain milk, eggs, soy.
Great Value	Wheat Crackers – Black Pepper & Olive Oil	4 (20g)	0	60	Whole grain whole wheat	Contains wheat. May contain milk, eggs, soy.
Great Value	Woven Wheats	5 (22g)	0	70	Whole wheat	Contains wheat.
PC	Chia & Quinoa Baked Pita Crackers	9 (28g)	1	130	Whole grain whole wheat flour	May contain milk and soy.
Ryvita	Whole Grain Crisp Bread	2 (20g)	1	58	Whole grain rye flour	Contains rye. May contain oats, wheat, sesame seeds, soy.
Ryvita	Whole Grain Crisp Bread – Rye & Oat Bran	2 (20g)	0	25	Whole grain rye flour	Contains rye, oats. May contain wheat, sesame seeds, soy. Made in a peanut free facility.
Ryvita	Whole Grain Crisp Bread – Dark Rye	2 (20g)	1	60	Whole grain rye flour	Contains rye. May contain oats, wheat, sesame seeds, soy.
Ryvita	Whole Grain Crisp Bread – Light Rye	3 (30g)	1	60	Whole grain rye flour	Contains rye. May contain oats, wheat, sesame seeds, soy.

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Ryvita	Whole Grain Rye Crisp Bread – Multigrain	2 (22g)	1	40	Whole grain rye flour	Contains rye, wheat, soy, sesame seeds. May contain oats.
Ryvita	Whole Grain Rye Crisp Bread – Sesame Rye	2 (20g)	0	70	Whole grain rye flour	Contains rye, sesame seeds. May contain oats, wheat, soy.

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Corn Tortilla Chips

SNP Guideline: Whole grain or whole wheat is the first ingredient on the list AND low in sodium (less than or equal to 140 mg sodium per serving) or unsalted

Brand	Flavour	Serving Size	Sugar (g)	Sodium (mg)	First Ingredient	Allergy Info
Tostitos	Low Sodium Rounds Tortilla Chips	40 (50 g)	0	140	Corn	Gluten free.

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Cereal/Granola Bars					
SNP Guideline: <i>Whole grain, whole wheat, or bran is first on ingredient list AND less than 8 grams of sugar per 30 gram serving</i>					
Brand	Flavour	Serving Size(g)	Sugar (g)	First Ingredient	Allergy Info
Compliments	Chewy Apple Berry	1 bar (26g)	6	Whole grain rolled oats	Made in a peanut-free facility. May contain sulphites.
Compliments	Chewy Trail Mix	1 bar (26g)	6	Whole grain rolled oats	Contains milk, peanuts, tree nuts, soy, and gluten. May contain sulphites.
Compliments	Balance - Cranberries, Almonds, and Seeds	1 bar (30g)	7	Whole grain rolled oats	Contains tree nuts, soy, and gluten. May contain milk, peanuts, and sulphites.
Compliments	Balance - Mixed Berries & Nuts	1 bar (30g)	7	Whole grain rolled oats.	Contains milk, soy, gluten, peanuts, and tree nuts. May contain sulphites.
Compliments	Balance - Nut Medley	1 bar (30g)	6	Whole grain rolled oats	Contains milk, peanuts, tree nuts, soy, and wheat. May contain sulphites.
Kashi	Chewy Bars Seven Whole Grains and Almonds	1 bar (35g)	5	Hard red winter wheat	Contains wheat, almond, soy, peanut, milk, and sesame ingredients. May contain other tree nuts.
Kashi	Honey Almond Flax	1 bar (35g)	6	Rolled whole grain blend	Contains wheat, oat, rye, barley, triticale, almond, soy, milk, & peanut ingredients. May contain other tree nuts.
Kashi	Trail Mix	1 bar (35g)	7	Rolled whole grain blend	Contains wheat, oat, rye, barley, triticale, sesame, almond, soy, peanut, and milk ingredients. May contain other tree nuts.
Nature's Path	Apple Pie Crunch	1 bar (40g)	8	Rolled oats	Contains tree nuts (pecans). May contain milk, wheat, peanuts, or soy.
Nature Valley	Lunch Box - Berry	1 bar (26g)	5	Hard red winter wheat	Contains wheat, almond, soy, peanut, milk, and sesame ingredients. May contain other tree nuts.
Nature Valley	Chewy Trail Mix - Mixed	1 bar (35g)	7	Whole grain rolled	Contains almond, soy, oat, barley. May contain

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	Berry			oats	peanut and wheat ingredients.
Nature Valley	Fibre Source - Honey & Almond	1 bar (32g)	8	Whole grain rolled oats	Contains almond, wheat, soy, and milk ingredients. May contain traces of peanuts and sunflower seeds.
PC	Blue Menu Fruit & Nut Mixed Berry Chewy Bars	1 bar (33g)	6	Rolled oats	May contain other tree nuts and milk.
PC	Blue Menu Toasted Coconut Fruit & Nut Chewy Bars	1 bar (33g)	4	Rolled oats	May contain other tree nuts and milk.
Quaker	Bumbleberry	1 bar (26g)	5	Whole oats	Made in a peanut-free facility.
Quaker Chewy	Super Grains - Oats & Honey	1 bar (26g)	3	Rolled oats	Made in a peanut-free facility.
Quaker Chewy	Super Grains with Quinoa	1 bar (26g)	3	Quaker rolled oats	Contains milk, oat, wheat, barley, and soy ingredients.
Quaker Chewy	Apple Fruit Crumble	1 bar (26g)	7	Quaker rolled oats	Contains oat, wheat, barley, sulphite, and soy ingredients. Made in a peanut-free facility.
Quaker Chewy	Raspberry Fruit Crumble	1 bar (26g)	7	Quaker rolled oats	Contains oat, wheat, barley, milk, sulphite, and soy ingredients. Made in a peanut-free facility.
Taste of Nature	Granola – Key Lime Pie	1 bar (35g)	7	Oats	Contains oats. May contain peanuts, tree nuts, sesame, and soy.

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Cold Cereals						
SNP Guideline: <i>Whole grain, whole wheat, or bran is first on ingredient list AND less than 8 grams of sugar per 30 gram serving</i>						
Brand	Flavour	Serving Size	Sugar (g)	Sodium (mg)	First Ingredient	Allergy Info
Compliments	Balance Bran Flakes	¼ cup (30g)	3	130	Whole wheat	Contains gluten. May contain tree nuts, milk, and soy.
Compliments	Oatie O's	¾ cup (30 g)	1	210	Whole oat flour	May contain tree nuts.
General Mills	Fibre 1 Crunchy Original	½ cup (31g)	0	105	Whole grain wheat	Contains wheat ingredients. Sweetened with sucralose.
General Mills	Fibre 1 Honey Clusters	1 cup (54 g)	7	260	Whole grain wheat	Contains wheat, oat, barley. May contain almond ingredients. Sweetened with sucralose.
General Mills	Cheerios Multigrain	1 cup (30 g)	6	160	Whole grain gluten free oats	Gluten free.
General Mills	Cheerios Multigrain – Ancient Grains	1 cup (29g)	7	125	Whole grain oats	Contains wheat and oat ingredients.
General Mills	Cheerios Yellow Box Original	1 cup (27g)	1	170	Whole grain gluten free oats	Gluten free.
Kashi	Honey Puffed Grains	1 cup (32g)	7	0	Whole hard red wheat	Contains wheat, oat, barley, triticale, rye, and sesame ingredients.
Kashi	Go Lean Original	1 ¼ cup (58g)	8	115	Whole hard red wheat	Contains wheat, barley, triticale, oat, rye, sesame, & soy ingredients.
Kashi	Organic Autumn Wheat	29 biscuits (54g)	7	0	Organic whole grain wheat	Contains wheat ingredients.
Kellogg's	All Bran Flakes	1 cup (34g)	5	170	Whole grain	Contains wheat & barley

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					wheat	ingredients.
Kellogg's	All Bran Original	½ cup (36g)	7	190	Wheat bran	Contains wheat & barley ingredients.
Kellogg's	All Bran Cranberry & Clusters	1 cup (52g)	12 (7g per 30g serving)	220	Whole grain wheat	Contains wheat, oat, and barley ingredients.
Kellogg's	All Bran Multigrain Crunch	1 cup (34 g)	8	150	Whole grain oat flour	Contains oat & wheat ingredients.
Kellogg's	Just Right	½ cup (30g)	5	134	Whole grain wheat	Contains wheat, oat, & barley ingredients.
Kellogg's	Special K Granola	½ cup (54 g)	10 (6g per 30g serving)	105	Whole grain oats	Contains oat, soy, wheat, barley, & sesame ingredients.
Kellogg's	Special K Protein	1 cup (50g)	9 (5.4g per 30g serving)	125	Whole grain oats	Contains oat, soy, wheat, rye, triticale, barley, & sesame ingredients.
Kellogg's	Spoon Sized Shredded Wheat	1 cup (47g)	0	0	Whole grain wheat	Contains wheat.
Nature's Path	Flax Plus Multibran Flakes	¾ cup (30g)	4	135	Whole wheat flour	Contains wheat. May contain milk, peanuts, tree nuts.
Nature's Path	Sunrise Crunchy Maple	2/3 cup (30g)	7	130	Whole grain corn meal	May contain peanuts, tree nuts, or soy.
Nature's Path	Smart Bran	½ cup (30g)	6	130	Wheat bran	Contains wheat. May contain milk, tree nuts, peanuts, or soy.
PC	All-Natural Puffed Wheat	1 cup (15g)	0	5	Whole wheat	Contains wheat. May contain soy & sulphites.
PC	Blue Menu – Fibre First Multibran Cereal	½ cup (30g)	4	120	Wheat bran	May contain tree nuts, milk, and soy.
PC	Blue Menu - Multigrain O's	1 cup (30g)	6	120	Whole grain oat flour	May contain soy, milk, and tree nuts.

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PC	Wheat Squares	1 cup (50g)	6	200	Whole grain whole wheat	May contain tree nuts, milk, and soy.
PC	Organics - 7 Reasons Multigrain	½ cup (30g)	2	60	Organic whole wheat flour	Contains wheat. May contain tree nuts & soy.
PC	Bran Flakes	¾ cup (30g)	2	120	Whole grain whole wheat	May contain tree nuts, milk, and soy.
PC	Toasted Oat O's	1 ¼ cup (30g)	1	200	Whole grain oat flour	May contain wheat.
Post	Original Shreddies	1 cup (55g)	9 (5g per 30g serving)	200	Whole grain wheat	Contains wheat & barley.
Post	Honey Shreddies	1 cup (57g)	13 (7g per 30g serving)	200	Whole grain wheat	Contains wheat & barley.
Post	Honey Bunches of Oats Honey Roasted	2/3 cup (30g)	6	135	Corn	Contains wheat, oats, barley, milk ingredients.
Post	Shredded Wheat & Bran Spoon Sized	1 cup (47g)	0	0	Whole grain wheat	Contains wheat.
Quaker	Shredded Wheat	2 (47g)	0	0	100% whole grain wheat	Contains wheat.
Quaker	Muffets Shredded Wheat Cereal	2 muffets (42g)	0	0	Whole wheat	Contains wheat ingredients.
Quaker	Oatmeal Squares	¾ cup (45g)	7	170	Whole grain oats	Contains oat, wheat, & barley ingredients.
Quaker	Life Multigrain	¾ cup (30g)	6	160	Whole grain quaker oats	Contains oat & wheat ingredients.
Wheetabix	Grain Shop	¾ cup (45g)	7	90	Whole grain wheat	Contains wheat, oats, & barley. Manufactured in a facility that also processes milk, almonds, & hazelnuts.
Wheetabix	Whole Grain Original	2 (35g)	2	130	Whole wheat	Contains wheat & barley.

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Hot Cereals						
<i>SNP Guideline: Whole grain, whole wheat, or bran is first on ingredient list AND less than 8 grams of sugar per 30 gram serving</i>						
Brand	Flavour	Serving Size	Sugar (g)	Sodium (mg)	First Ingredient	Allergy Info
Compliments	Balance - Regular Instant	1 pack (28g)	0	80	Whole grain rolled oats	May contain wheat.
Compliments	Quick Oats	½ cup (40g)	0	0	Rolled oats	May contain wheat.
Gluten Freeda	Instant Oatmeal	1 pack (40g)	1	0	Certified gluten free oats	Gluten free.
Great Value	Quick Cook Steel Cut Oats, Quick Oats, 1 Minute Oats	½ cup (40g)	0	0	100% whole grain oats	May contain wheat.
PC	Blue Menu Steel Cut Oats Instant Oatmeal	1 pack (45g)	0	0	Whole grain steel cut oats	May contain wheat.
PC	Blue Menu Supergrains Oatmeal – Regular	1 pack (38g)	0	75	Whole grain rolled oats	Contains wheat. May contain tree nuts, milk, soy, sulphites
PC	Regular Instant	1 pack (28g)	0	75	Whole grain rolled oats	May contain wheat.
Quaker	Regular Instant	1 pack (28g)	0	100	Whole grain rolled oats	Contains oat ingredients. May contain wheat.
Quaker	Apple Cinnamon Lightly Sweetened	1 pack (29g)	4	140	Whole grain rolled oats	Contains oat, soy, & sulphite ingredients. May contain wheat.
Quaker	Gluten Free Rolled Oats	1/3 cup (30g)	0	0	Gluten free rolled oats	Gluten free.
Quaker	Quick, Large Flake, One Minute Oats	1/3 cup (30g)	0	0	Whole grain rolled oats	Contains oat ingredients. May contain wheat.
Quaker	Steel Cut Oats (3 minute)	1/3 cup (45g)	0	1	100% whole grain oats	Contains oat ingredients. May contain wheat.

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Quaker	Super Grains – Original	1/3 cup (30g)	0	0	Whole grain rolled oats	Contains oat ingredients. May contain wheat.
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