

Cereal Choices for Kidney Health

Choosing a healthy cereal can feel hard with so many choices. This guide can help you find options that may work for your health. If you want to try a different cereal, you can look at the **nutrition label** on the box. Start small and choose what feels **easy for you**. Look at the food label and try to choose options with:

Try having less
than 7 grams

+

Try having less
than 500 mg

+

Try having less
than 250 mg

Cheerios - Original

Serving Size: 1 ½ cups
Calories: 140
Carbohydrates: 29g
Sugar: 2g
Fiber: 4g
Protein: 5g
Sodium: 190mg
Potassium: 250mg



Corn Chex - Original

Serving Size: 1 ¼ cups
Calories: 150
Carbohydrates: 33g
Sugar: 4g
Fiber: 2g
Protein: 3g
Sodium: 280mg
Potassium: 0mg



Corn Flakes - Original

Serving Size: 1 ½ cups
Calories: 150
Carbohydrates: 36g
Sugar: 4g
Fiber: 1g
Protein: 3g
Sodium: 200mg
Potassium: 60mg



Crispix - Original

Serving Size: 1 ⅓ cups
Calories: 150
Carbohydrates: 34g
Sugar: 5g
Fiber: 0g
Protein: 3g
Sodium: 260mg
Potassium: 20mg



Fiber One - Original

Serving Size: 1/3 cups
Calories: 90
Carbohydrates: 34g
Sugar: 0g
Fiber: 18g
Protein: 3g
Sodium: 140mg
Potassium: 0mg



Grape-Nuts Flakes

Serving Size: 3/4 cups
Calories: 110
Carbohydrates: 24g
Sugar: 4g
Fiber: 3g
Protein: 3g
Sodium: 135mg
Potassium: 100mg



Kashi 7 Whole Grain Puffs

Serving Size: 1 ½ cups
Calories: 150
Carbohydrates: 32g
Sugar: 0g
Fiber: 4g
Protein: 5g
Sodium: 0mg
Potassium: 150mg



Kix - Original

Serving Size: 1 ½ cups
Calories: 160
Carbohydrates: 34g
Sugar: 4g
Fiber: 3g
Protein: 3g
Sodium: 220mg
Potassium: 0mg



Rice Chex - Original

Serving Size: 1 ⅓ cups
Calories: 160
Carbohydrates: 35g
Sugar: 3g
Fiber: 2g
Protein: 3g
Sodium: 330mg
Potassium: 0mg



Rice Krispies - Original

Serving Size: 1 ½ cups
Calories: 150
Carbohydrates: 36g
Sugar: 4g
Fiber: 0g
Protein: 3g
Sodium: 200mg
Potassium: 30mg



Special K - Original

Serving Size: 1 ¼ cups
Calories: 150
Carbohydrates: 29g
Sugar: 5g
Fiber: 1g
Protein: 7g
Sodium: 270mg
Potassium: 10mg



Total - Original

Serving Size: 3/4 cup
Calories: 110
Carbohydrates: 25g
Sugar: 5g
Fiber: 3g
Protein: 2g
Sodium: 140mg
Potassium: 100mg



Wheaties - Original

Serving Size: 1 cup
Calories: 130
Carbohydrates: 30g
Sugar: 5g
Fiber: 4g
Protein: 3g
Sodium: 240mg
Potassium: 0mg



Hot Cereals:

- Plain Rolled or Quick Oats
- Plain Cream of Wheat
- Plain Cream of Rice
- Plain Grits

*Flavor with fresh fruit,
sugar substitute & cinnamon

