WORST CEREALS TO BUY

- Captain Crunch
- Fruity Pebbles
- Reese’s Puffs
- Cinnamon Toast Crunch
- Lucky Charms
- Fruit Loops
- Trix
- Apple Jacks
- Cocoa Puffs
- Cookie Crisp
- Frosted Flakes
- Corn Pops
BEST CEREALS TO BUY

Wheaties
Shredded Wheat
Grape Nuts

Wheat Chex
Cheerios
Old-Fashion Oatmeal
Kix

Total
Fiber One
All Bran