

Cereal and a Low Carb Diet

Higher protein options:

These options will cost more, but they have as much protein per serving as a protein bar. The cost per serving is often cheaper than a protein bar.

- Incredi-bowl – found at Walmart and Dillon’s
- Magic Spoon – online only
- High Key – online only
- Premier Protein cereal – Walmart, Dillon’s
- Kashi Go high protein – Dillon’s
- Wonderworks – this has the driest taste of all



Low Sugar/No Sugar added/Higher Fiber options:

These cereals are low in sugar, but also low in protein – be sure to stick to the correct portion and pair with protein! To get protein use protein shake or Fairlife milk instead of milk/almond milk. Another option is to use it as a topper for Greek yogurt.

- Shredded Wheat
- Food for Life Ezekiel 4:9
- Kashi Go Lean or Heart 2 Heart – any flavor
- Plain Cheerios
- Wheaties or plain Bran Flakes



Hot Cereals:

- Any plain grain-based cereal without more than 5-7 grams of added sugar is okay
- Avoid the instant oatmeal packets – or be sure to choose options with <7 grams added sugar
- Be sure to pair with protein – stir in ½ scoop of protein powder or ½ bottle of protein shake once cooked

Additional tips:

- Avoid cereal with more than 5-10 grams of added sugar per serving
- Choose cereals with 3 g or more of fiber per serving
- Always aim to keep your grams of carbohydrate and grams of protein equal at meals