

## Vitamin D in Fortified Cereals

Eating vitamin-fortified cereals is an effective way to include more Vitamin D in your diet. The list below represents only a few of the fortified cereals available on the market, from General Mills, Kellogg's, and Quaker. You can probably find many more brands of cereal at your local store.

Keep in mind, you probably want to **avoid adding sugar** to your diet as you add Vitamin D. Steer clear of the sugary cereals below in favor of the low-sugar varieties. Read the label on the cereal box to determine exact sugar and vitamin content.

Note: This chart includes only cereals that contains at least 1 IU or more of Vitamin D, according to the USDA's nutrient database. Other types of cereals may contain Vitamin D, but I did not find them in the database.

*Source: United States Dept. of Agriculture (USDA) - National Nutrient Database*

Cereals	Weight (g)	Size	Vit. D (IU)
<b>Total Raisin Bran</b> , Cereals ready-to-eat, General Mills	55	1 cup	104
<b>Whole Grain Total</b> , Cereals ready-to-eat, General Mills	30	¾ cup	100
<b>All-Brain Original</b> , Cereals ready-to-eat, Kellogg's	30	½ cup	51
<b>Cocoa Krispies</b> , Cereals ready-to-eat, Kellogg's	31	¾ cup	51
<b>Corn Pops</b> , Cereals ready-to-eat, Kellogg's	31	1 cup	50
<b>Rice Krispies</b> , Cereals ready-to-eat, Kellogg's	33	1 ¼ cup	50
<b>Crispix</b> , Cereals ready-to-eat, Kellogg's	29	1 cup	47
<b>Rice Chex</b> , Cereals ready-to-eat, General Mills	31	1 ¼ cup	46
<b>Cocoa Puffs</b> , Cereals ready-to-eat, General Mills	30	1 cup	44
<b>Lucky Charms</b> , Cereals ready-to-eat, General Mills	30	1 cup	44
<b>Wheaties</b> , Cereals ready-to-eat, General Mills	30	1 cup	44
<b>Apple Jacks</b> , Cereals ready-to-eat, Kellogg's	30	1 cup	43
<b>Cheerios</b> , Cereals ready-to-eat, General Mills	30	1 cup	43

<b>Corn Flakes</b> , Cereals ready-to-eat, Kellogg's	28	1 cup	43
<b>Honey Nut Cheerios</b> , Cereals ready-to-eat, General Mills	30	1 cup	43
<b>Fruit Loops</b> , Cereals ready-to-eat, Kellogg's	30	1 cup	41
<b>Raisin Bran</b> , Cereals ready-to-eat, Kellogg's	61	1 cup	41
<b>All-Brain Complete Wheat Flakes</b> , Cereals ready-to-eat, Kellogg's	29	$\frac{3}{4}$ cup	40
<b>Apple Cinnamon Cheerios</b> , Cereals ready-to-eat, General Mills	30	$\frac{3}{4}$ cup	40
<b>Basic 4</b> , Cereals ready-to-eat, General Mills	55	1 cup	40
<b>Berry Berry Kix</b> , Cereals ready-to-eat, General Mills	30	$\frac{3}{4}$ cup	40
<b>Cinnamon Toast Crunch</b> , Cereals ready-to-eat, General Mills	30	$\frac{3}{4}$ cup	40
<b>Corn Chex</b> , Cereals ready-to-eat, General Mills	30	1 cup	40
<b>Frosted Flakes</b> , Cereals ready-to-eat, Kellogg's	31	$\frac{3}{4}$ cup	40
<b>Honey Smacks</b> , Cereals ready-to-eat, Kellogg's	27	$\frac{3}{4}$ cup	40
<b>Kix</b> , Cereals ready-to-eat, General Mills	30	1 $\frac{1}{3}$ cup	40
<b>Reese's Puffs</b> , Cereals ready-to-eat, General Mills	30	$\frac{3}{4}$ cup	40
<b>Golden Grahams</b> , Cereals ready-to-eat, General Mills	30	$\frac{3}{4}$ cup	39
<b>Product 19</b> , Cereals ready-to-eat, Kellogg's	30	1 cup	39
<b>Honey Nut Chex</b> , Cereals ready-to-eat, General Mills	30	$\frac{3}{4}$ cup	38
<b>Trix</b> , Cereals ready-to-eat, General Mills	30	1 cup	38
<b>Total Corn Flakes</b> , Cereals ready-to-eat, General Mills	30	1 $\frac{1}{3}$ cup	34
<b>Wheat Chex</b> , Cereals ready-to-eat, General Mills	30	1 cup	26