

# 35 BEST CEREALS HIGH IN IRON

	<b>Iron (mg)</b>
1. <b>General Mills Multigrain Cheerios</b> , 1 1/3 cups .....	<b>18</b>
2. <b>Kellogg's Frosted Mini-Wheats</b> , 25 biscuits .....	<b>18</b>
3. <b>Special K Multi-Grain Touch of Cinnamon</b> , 1 1/3 cups ..	<b>18</b>
4. <b>Malt-O-Meal Frosted Mini Spooners</b> , 21 biscuits .....	<b>16.8</b>
5. <b>Post Grape-Nuts</b> , 1/2 cup .....	<b>16.2</b>
6. <b>Honey Bunches of Oats w/ Almonds</b> , 1 cup .....	<b>16.2</b>
7. <b>Honey Bunches of Oats Honey Roasted</b> , 1 cup .....	<b>16.2</b>
8. <b>Quaker Life Cereal</b> , 1 cup .....	<b>13.2</b>
9. <b>General Mills Cheerios</b> , 1 1/2 cups .....	<b>12.6</b>
10. <b>General Mills Rice Chex</b> , 1 1/3 cups .....	<b>12.6</b>
11. <b>Kellogg's Cornflakes</b> , 1 1/2 cups .....	<b>12</b>
12. <b>Kellogg's Rice Krispies</b> , 1 1/2 cups .....	<b>11.2</b>
13. <b>Special K Original</b> , 1 1/4 cups .....	<b>10.9</b>
14. <b>Kellogg's All-Bran Bran Flakes</b> , 1 cup .....	<b>10.8</b>
15. <b>General Mills Kix</b> , 1 1/2 cups .....	<b>10.8</b>
16. <b>Malt-O-Meal Hot Wheat Cereal</b> , 3 Tbsp (dry) .....	<b>10.8</b>
17. <b>Post Raisin Bran</b> , 1 1/4 cups .....	<b>10.8</b>
18. <b>Special K Red Berries</b> , 1 cup .....	<b>10.8</b>
19. <b>Cream of Wheat</b> , 3 Tbsp (dry) .....	<b>9.3</b>
20. <b>Post Bran Flakes</b> , 1 cup .....	<b>9</b>
21. <b>General Mills Total Whole Grain Cereal</b> , 1/2 cup .....	<b>9</b>
22. <b>Weetabix</b> , 3 biscuits .....	<b>7</b>
23. <b>Quaker Oat Bran</b> , 1 cup .....	<b>5.2</b>
24. <b>Kellogg's Cocoa Krispies</b> , 1 cup .....	<b>4.7</b>
25. <b>Kellogg's All-Bran Original</b> , 2/3 cup .....	<b>4.6</b>
26. <b>Kellogg's Apple Jacks</b> , 1 1/3 cups .....	<b>4.5</b>
27. <b>Kellogg's Froot Loops</b> , 1 1/3 cups .....	<b>4.5</b>
28. <b>General Mills Cinnamon Toast Crunch</b> , 1 cup .....	<b>3.6</b>
29. <b>General Mills Lucky Charms</b> , 1 cup .....	<b>3.6</b>
30. <b>Kashi Go Cereal Original</b> , 1 1/4 cups .....	<b>2.9</b>
31. <b>Barbara's Original Morning Oat Crunch</b> , 1 1/4 cups ....	<b>2.5</b>
32. <b>Bear Naked Triple Berry Granola</b> , 1 cup .....	<b>2.4</b>
33. <b>Alpen Muesli Original</b> , 2/3 cup .....	<b>1.8</b>
34. <b>Kellogg's Raisin Bran</b> , 1 cup .....	<b>1.8</b>
35. <b>Kashi Go Lean Crunch</b> , 3/4 cup .....	<b>1.5</b>

