



Healthy Catering Product Lists

Healthy Catering Products List*

Breakfast Cereals

Cereals can be a big source of hidden sugar. Even healthy sounding cereals can be misleading. For instance, Kellogg’s Smart Start has 18g (or 4.5 tsp) sugar per serving! The sample product list below meet Kaiser Permanente’s nutrition standards for breakfast cereals (>50% whole grains, 6g added sugar or less).

Product	Sugar (g)
Shredded Wheat	0g
Barbara’s Shredded Wheat	0g
Ezekiel 4:9 Sprouted Whole Grain	0g
Three Wishes Cereals	0-3g
Original Cheerios	1g
Uncle Sam Toasted Whole Wheat Berry	1g
Catalina Crunch Cereal	1g
Wheaties	3g
Kix Original	3g
Kashi 7 Whole Grain Nuggets	3g

Product	Sugar (g)
General Mills Total Whole Grain	5g
Kashi Heart to Heart Oat Cereal	5g
Nature's Path Organic Flax Plus Multibran Flakes	5g
Nature's Path Organic Heritage Flakes	5g
Post Grape Nuts	5g
Post Honey Bunches of Oats Honey Roasted	5g
General Mills Multigrain Cheerios	6g
Kellogg's All Bran Original	6g
Nature's Path Organic Sunrise Crunchy Maple	6g
Post Honey Bunches of Oats with Crispy Almonds	6g

*Sample product list of popular brands. Other products not included may meet the standards as well.

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Yogurts

All yogurts are not created equal. A typical single serving flavored yogurt can have over 23g sugar (almost as much as a soda)! The products below all meet Kaiser Permanente’s nutrition standards (non-fat and 6g or less added sugar per serving).

Please note, all yogurts contain natural sugar from milk (lactose). The total sugar content below is from the natural lactose and added sugars from sweeteners. We do not recommend artificially sweetened yogurts such as Yoplait Light or Dannon Light & Fit. "Light" or "Lite" yogurts most often contain artificial sweeteners such as sucralose or aspartame.

Product	Serving Size	Calories	Total Sugar (g)	Added Sugar (g)
Non-fat plain Greek yogurt (all brands)	6 oz	100	5g	0g
Dannon Oikos Triple Zero (assorted flavors)	5.3 oz	90	5g	0g
Chobani “Less Sugar” (assorted flavors)	5.3 oz	120	9g	5g
Open Nature Icelandic Style Lowfat (assorted flavors)	5.3 oz	130	9g	5g
Siggi's Icelandic Style 0% (assorted flavors)	5.3 oz	110-140	11g	5g
Icelandic Provisions Skyr Style (assorted flavors)	5.3 oz	110-130	11g	5g
Fage Total 0% (assorted flavors)	5.3 oz	120	11g	5g

*Sample product list of popular brands. Other products not included may meet the standards as well.

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Granolas

Granola sounds healthy, but it can be loaded with as much sugar and calories as a giant cookie. The sample product list below meet Kaiser Permanente’s nutrition standards for breakfast items (6g or less of added sugar and <10% calories from saturated fat).

Product	Total Sugar (g)	Added Sugar (g)
Back to Nature – Coconut	4g	0g
Seven Sundays Gluten Free Muesli	6g	0g
Cascadian Farm No Added Sugar Blueberry Vanilla Granola	7g	0g
Kind Dark Chocolate Whole Grain Clusters	3g	3g
Kind Raspberry Clusters with Chia Seeds	3g	3g
365 by Whole Foods – Maple & Almond Butter	5g	5g
Kind Cinnamon Oat Clusters	5g	5g
Kind Oats & Honey Clusters	5g	5g
Kind Peanut Butter Whole Grains Clusters	5g	5g
Kind Vanilla Blueberry Clusters	5g	5g
Kind Maple Quinoa Clusters	6g	6g
Bear Naked Fit Granola – Triple Berry	6g	6g

*Sample product list of popular brands. Other products not included may meet the standards as well.

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Energy/Granola Bars

The sample product list below meet Kaiser Permanente’s nutrition standards for snack items (200 calories or less, no more than 6g added sugar, and 10% or less calories from saturated fat). Opt for bars with natural, whole-food ingredients and protein.

Product	Calories	Total Sugar (g)	Added Sugar (g)
RXBAR minis (assorted varieties)	140	13	0
That’s It Bars	100	14	0
Lara Bars (assorted fruit varieties)	200	16-18	0
Health Warrior Chia Bars (assorted varieties)	100	3	2
Kind Fruit & Nut	190	8	4
Kind Healthy Grains Bar (assorted varieties)	150	6	5
Quaker Chewy 25% Less Sugar Granola Bars (assorted varieties)	100	5	5
Made Good Granola Bars (assorted varieties)	100	6	6
Kashi Chewy Granola Bars (assorted varieties)	130-170	7-10	6
Nature Valley Fruit & Nut Granola Bars	150	7	5

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