

BARBARA'S BETTER THAN GRANOLA					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Oat and Honey	55g	7g	YES	NO
	Dark Chocolate Cranberry	55g	9g	YES	NO
BARBARA'S MORNING OAT CRUNCH					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Original	55g	12g	NO	NOT CREDITABLE
	Cinnamon	55g	15g	NO	NOT CREDITABLE
	Vanilla Almond	55g	15g	NO	NOT CREDITABLE
BARBARA'S SNACKIMALS					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Cinnamon Crunch	30g	7g	NO	NOT CREDITABLE

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	Vanilla Blast	30g	7g	NO	NOT CREDITABLE
	Chocolate Crisp	30g	7g	NO	NOT CREDITABLE

BARBARA'S SPOONFULS/SQUAREFULS

	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Original	32g	5g	YES	NO
	Maple Brown Sugar	55g	9g	YES	NO

BARBARA'S CLASSICS

	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Brown Rice Crisps	30g	1g	YES	YES
	Corn Flakes	30g	3g	YES	NO

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BARBARA'S HONEST O'S					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Original	30g	1g	YES	NO
	Honey Nut	30g	10g	NO	NOT CREDITABLE
	Multigrain	30g	5g	YES	NO
BARBARA'S PUFFINS					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Original	27g	5g	YES	NO
	Pumpkin	30g	5g	YES	NO
	Peanut Butter	30g	6g	YES	NO
	Honey Rice	30g	6g	YES	YES

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	Multigrain	30g	6g	YES	NO
	Cinnamon	30g	6g	YES	NO
	Peanut Butter and Chocolate	30g	6g	YES	NO
BARBARA'S HIGH FIBER MEDLEY					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Original	55g	8g	YES	NO
	Cranberry	55g	11g	YES	NO
BARBARA'S SHREDDED WHEAT					
	Flavor	Serving Size	Grams of Sugar	Creditable	Whole Grain
	Original	40g	0g	YES	YES

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