

Product Type	Variety	Protein Claim on the Front Label
Cereal		
Envirokids	Chocolate Koala Crisp (25.6 oz)	3g
Envirokids	Gorilla Munch Corn Puffs (23 oz)	3g
Envirokids	Peanut Butter Panda Puffs (24.7 oz)	3g
Envirokids	Strawberry Chocolate Turtle Splash	4g
Flax Plus	Maple Pecan Crunch	6g
Flax Plus	Multibran Flakes	5g
Flax Plus	Pumpkin Raisin Crunch	6g
Flax Plus	Raisin Bran	6g
Flax Plus	Red Berry Crunch	6g
Heritage	Original Crunch	6g
Heritage	Original Flakes (13.25 oz)	5g
Heritage	Original Flakes (32 oz)	5g
Heritage	Original O's (32 oz)	4g
Love Crunch	Dark Chocolate and Peanut Butter	8g
Mesa Sunrise	Original (10.6 oz)	4g
Multigrain	Oat Bran Flakes (32 oz)	3g
Optimum Power	Blueberry Cinnamon Flax	9g
Qi'a	Cocoa Coconut Superflakes	6g
Qi'a	Cranberry Vanilla Chia, Buckwheat & Hemp	6g
Qi'a	Original Chia, Buckwheat & Hemp	6g
Smart Bran	Original	4g
Granola		
Granola	Hemp Hearts	10g per serving with milk
Granola	Pumpkin Seed + Flax	10g per serving with milk
Granola	Coconut Chia	9g per serving with milk
Granola	Vanilla Almond & Flax	10g per serving with milk
Grain Free Granola	Caramel Pecan	6g
Grain Free Granola	Maple Almond	6g
Grain Free Granola	Vanilla Poppy Seed	6g

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Oatmeal		
Coarsely Cut Whole Grain Oats	Steel Cut	5g
Gluten Free	Steel Cut	5g
Gluten Free Oatmeal	Brown Sugar Maple	4g
Gluten Free Oatmeal	Homestyle	6g
Gluten Free Whole Grain Rolled Oats	Old Fashioned	5g
Grain Free Hot Cereal	Cinnamon Apple Crisp	9g
Grain Free Hot Cereal	Maple Almond Crunch	9g
Instant Oatmeal	Apple Cinnamon	5g
Instant Oatmeal	Blueberry Cinnamon Flax	5g
Instant Oatmeal	Flax Plus	6g
Instant Oatmeal	Maple Nut	5g
Instant Oatmeal	Spiced Apple + Flax	4g
Oatmeal Cup	Coconut Cashew	7g
Oatmeal Cup	Maple Pecan	7g
Oatmeal Cup	Summer Berries Boost	7g
Old Fashioned Oats	Old Fashioned	5g
Quick Cook	Instant Oats	5g
Quick Cook	Steel Cut	5g
Waffles		
Envirokids	Cinnamon Penguin Party	5g
Envirokids	Pink Blueberry Polar Beary	5g
Nature's Path Organic	Flax Plus	4g
Nature's Path Organic	Maple Cinnamon	4g
Nature's Path Organic	Ancient Grains	4g