

Cereals that are 4 MyWW Green, Blue, & Purple Smart Points per serving or lower.

Perfect for a breakfast, snack or dessert, there is something for everyone on this list of cereals that are between 1-4 WW SP per serving. Serving sizes are in parenthesis.

1 Green, Blue & Purple Point

Arrowhead Mills Organic Puffed Kamut (1 cup)

2 Green, Blue & Purple Points

Product 19 Toasted Corn, Oats, Wheat and Rice (3/4 cup)

3 Green, Blue & Purple Points

Cascadian Farm Organic Purely O's cereal (1 cup)

Cheerios Original Toasted Whole Grain Oats (1 cup)

Chex Oven Toasted Rice Cereal (1 cup)

Great Value Corn Flakes (1 cup)

Honey Comb Cereal (1 cup)

Rice Krispies, Toasted with Brown Rice (1 cup)

Wheaties (3/4 cup)

4 Green, Blue & Purple Points

Pumpkin Spice Whole Grain Oats Cheerios (3/4 cup)

Fit & Active Vanilla Almond Vitality Cereal (3/4 cup)

Frosted Mini-Wheats (14 biscuits)

Honey Bunches of Oats, crunchy honey roasted (3/4 cup)

Kashi Heart to Heart Cinnamon (3/4 cup)

Life cereal (Cinnamon, Maple and Brown Sugar, and Multigrain) (3/4 cup)

Special K Chocolatey Strawberry (3/4 cup)

Kellogg's Scooby Doo cereal (1 cup)

Trix, reduced sugar (1 cup)

Lucky Charms (3/4 cup)

Kellogg's JIF Peanut Butter cereal (3/4 cup)