

CEREALS & BREADS

Satisfy your carb calling without bulking up big time.



12 Quaker Simple Harvest All Natural Multigrain Instant Hot Cereal

Made with whole oats, barley, wheat, flax seed, and rye, you'd never guess that this super-satisfying cereal was instant.

Per packet (maple-brown sugar with pecans): 160 cal, 3.5 g fat (0.5 g sat), 30 g carbs, 75 mg sodium, 4 g fiber, 4 g protein

13 Kashi U

It's stocked with seven whole grains plus black currants, walnuts, and açai powder—a delicious way to get 20 percent of the calcium and 25 percent of the vitamin D you need every day.

Per cup: 200 cal, 3.5 g fat (0 g sat), 42 g carbs, 125 mg sodium, 7 g fiber, 5 g protein

14 Bear Naked 100% Pure & Natural Cereal-Banana Nut

Sweet banana chips, dried apples, oat clusters, and walnuts create a cereal so yummy you won't eat it just for breakfast.

Per ½ cup: 110 cal, 2.5 g fat (1 g sat), 29 g carbs, 120 mg sodium, 4 g fiber, 3 g protein

15 Nature's Path Organic Whole O's

It's made for people who want to go gluten-free, but everyone will love the light crunch. Organic evaporated cane and pomegranate juices provide just the right amount of sweetness at breakfast time.

Per ½ cup: 110 cal, 1.5 g fat (0 g sat), 25 g carbs, 115 mg sodium, 3 g fiber, 2 g protein

16 Back to Nature Sunflower & Pumpkin Seed Granola

Sweet, nutty, and habit forming, this granola has plenty of energy-providing complex carbs, plus iron, zinc, and magnesium, all in a handy resealable bag. Perfect for powering through a midday slump.

Per ½ cup: 200 cal, 7 g fat (1 g sat), 31 g carbs, 140 mg sodium, 4 g fiber, 6 g protein

17 Thomas' Better Start English Muffins

Still plenty of nooks and crannies in this new low-cal, high-fiber version of the breakfast favorite.

Per muffin: 100 cal, 1 g fat (0 g sat), 24 g carbs, 220 mg sodium, 5 g fiber, 4 g protein

18 Weight Watchers Petite Bagels

Airy and doughy, with no grainy hint of the four grams of filling fiber.

Per bagel: 100 cal, 1 g fat (0 g sat), 22 g carbs, 220 mg sodium, 4 g fiber, 4 g protein

19 Arnold Grains & More Double Omega Bread

One slice gives you 50 milligrams of ticker-protecting omega-3's.

Per slice: 110 cal, 1.5 g fat (0 g sat), 19 g carbs, 220 mg sodium, 3 g fiber, 5 g protein

20 Pepperidge Farm Swirl 100% Whole-Wheat Cinnamon with Raisins

Cinnamon toast is usually a mass of empty calories, but this whole-wheat kind is so body friendly you can savor two slices.

Per slice: 80 cal, 1 g fat (0 g sat), 19 g carbs, 105 mg sodium, 2 g fiber, 3 g protein

21 La Tortilla Factory Smart & Delicious Low-Carb High-Fiber Tortillas

Use these to make a quick quesadilla: One totes more fiber than two slices of whole-wheat bread, for only 80 calories.

Per tortilla: 80 cal, 3 g fat (0 g sat), 16 g carbs, 300 mg sodium, 12 g fiber, 6 g protein

22 Fabulous Flats Whole-Grain Tandoori Naan

Sure, it pairs perfectly with Indian food, but you'll love it so much you'll also want to use it for pizzas, wraps, sandwiches, and dips.

Per ½ naan: 150 cal, 3.5 g fat (1 g sat), 28 g carbs, 360 mg sodium, 3 g fiber, 5 g protein

