



kidney-friendly cereal swaps

How We Built This Guide?

At KidneyFuture, we aim to create simple tools to help families make easy kidney-healthy choices.

To keep our cereal comparisons fair and easy to read, we normalized every label to a 1-cup serving (a typical bowl for kids ages 4–10) and focused on kidney-relevant factors.

Factors and Impact on Kidneys and Health

Sodium

Can raise blood pressure and stress the kidneys.

Inorganic Phosphates (Additives)

Absorbed almost fully, harder on the kidneys. Most common: Tripotassium phosphate (TPP) + Trisodium phosphate (TSP)

Sugar

Not directly harmful to kidneys, but important to limit for healthy lifestyle.

Fiber

Supports digestion and is a healthy part of a CKD-friendly diet.



Cheerios

Phosphate additive (TPP)
↑ Higher sodium (127mg)



365 Organic Morning O's

No phosphate Additives
Lower sodium (90mg) ↓



Honey Nut Cheerios

Phosphate additive (TPP)
↑ Very high sodium (210mg)
↑ Higher sugar (12g)



Kashi Honey Toasted Oats

No phosphate Additives
Lower sodium (90mg) ↓



Cinnamon Toast Crunch

Phosphate additive (TPP)
↑ ↑ Very high sodium (230mg)
↑ Higher sugar (12g)



365 Organic Morning O's

No Phosphate additives
Lower sodium (55mg) ↓
Half the sugar (6g) ↓



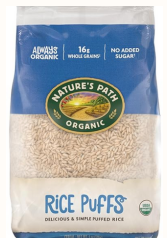
Kellogg's Rice Krispies

↑ Higher sodium (133mg)
Added sugar (3g)



Nature's Path Rice Puffs

Sodium-free
Sugar-free
Same light crunchy texture



Chex Wheat Cereal

↑ ↑ Extremely high sodium
(340mg)
Added sugar (6g)



Post Wheat 'N Bran Shredded Wheat

Sodium-free
Sugar-free
High in fiber (6g) ↑
Natural phosphorus only



Cocoa Puffs

Phosphate additive (TPP)
↑ Higher sodium (130mg)
↑ Higher sugar (12g)



Seven Sundays Cocoa Sunflower Cereal

No Phosphate additive
Lower sodium (30mg) ↓
Lower sugar (5g) ↓
More fiber (3g)



B.O.W.L. TEST

How to make your own swaps?

Boost Fiber ↑

Aim for 2-3 or more grams per cup.

Omit Phosphate Additives

Avoid ingredients starting with "phos-" an inorganic phosphate additive

Watch Sodium (Salt) ↓

Aim for under 100 milligrams per cup

Limit Sugar ↓

Aim for no more than 8 grams per cup



Ready to try it out?

Visit

kidneyfuture.org/labelreader

for a step-by-step guide on how to read your own nutrition labels.

Nutrition Facts		
Serving Size ¾ cup (27g)		
Servings Per Container about 21		
Amount Per Serving	Lucky Charms	with ½ cup skim milk
Calories	110	150
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polysaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Potassium 50mg	1%	7%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	6%	6%
Sugars 10g		
Other Carbohydrate 10g		
Protein 2g		

Ingredients: Whole Grain Oats, Sugar, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, **Trisodium Phosphate**, Yellow 5 & 6, Red 40, Blue 1, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.



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