

Gluten-free cereals and oats — more information

Only cereals and oats labeled gluten-free by the manufacturer are listed.



Chex: Cinnamon, Blueberry, Rice, and Strawberry Vanilla

Cheerios: Original, Multi Grain, and Veggie Blends (Apple Strawberry or Blueberry Banana)



Rice Squares



Quick 1-Minute Oats



Regular, Instant



Quick Oats



Rice Bitz



Quick Oats, Rice Squares



Utah Department of
Health & Human
Services

