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## Organic Cereal Scorecard

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### [Brand Information](#)

Commitment to Organics  
(click on brand name to learn more)


Score

### [Wheat Rating](#)

Brands in the **5-Grain category** are trustworthy and committed to organics, produced by true heroes in the organic industry. All products under the brand name are certified organic, and the company markets exclusively organic products. These foods were produced without genetically engineered organisms, toxic pesticides, petrochemical solvents, and other inputs that are strictly prohibited in organics.

### [Ambrosial](#)


by *Ambrosial Organic Inc./Independent Company*

 100% of the brand's cereal and granola products are certified organic/by fully committed organic company  
700



### [Country Choice Organic](#)


by *Country Choice Organic/Independent Company*

 100% of the brand's cereal and granola products are certified organic/by fully committed organic company  
700



### [Farm to Table](#)


by *Farm to Table Foods, Inc./Independent company*

 100% of oatmeal products are certified organic  
700



### [Go Raw](#)

by *Freeland Foods/Independent Company*

 100% of the brand's cereal and granola products are certified organic/by fully committed organic company  
700



### [Grandy Oats](#)

by *Grandy Oats/Independent Company*



100% of the brand's cereal and granola products are certified organic/by fully committed organic company

700



[Great River Organic Milling](#)

by *Great River Organic Milling/Independent Company*



100% of the brand's cereal and granola products are certified organic/company is fully committed to organics

700



[Kaia](#)

by *Kaia Foods/Independent Company*



100% of the brand's cereal and granola products are certified organic/by fully committed organic company

700



[Laughing Giraffe](#)

by *Laughing Giraffe Inc./Independent Company*



100% of the brand's cereal and granola products are certified organic/by fully committed organic company

700



[Lydia's Organics](#)

by *Lydia's Organics/Independent Company*



100% of the brand's cereal and granola products are certified organic/by fully committed organic company

700



[Nature's Path](#)

by *Nature's Path/Independent Company*



100% of the brand's cereal and granola products are certified organic/by fully committed organic company

700



[Tierra Farm](#)

by *Tierra Farm/Independent Company*



100% of the brand's cereal and granola products are certified organic/by fully committed organic company

700



[Two Moms in the Raw](#)

by *Two Moms in the Raw/Independent Company*



100% of the brand's cereal and granola products are certified organic/by fully committed organic company

700



Brands in the **4-Grain category** are committed to organics, but either the company does not market exclusively organic foods, or some of the products contain some conventional ingredients. All products under 4-Grain brands are produced without genetically engineered ingredients and without the use of petrochemical solvents.

[Eco-Planet](#)

by *Heaven Scent Natural Foods/Independent Company*



100% of the brand's cereal and granola products are certified organic/company also markets conventional foods

610



[Grawnola](#)

by *Grawnola/Independent Company*



All granola products are 70% organic

610



[Green Barn Organics](#)

by *Cream of the West Inc./Independent Company*



100% of the brand's cereal and granola products are certified organic/company also markets conventional foods

610



[Food for Life](#)

by *Food for Life Baking Co. Ltd./Independent Company*



100% of the brand's cereal and granola products are certified organic/company creates consumer confusion by also marketing conventional foods under brand name

595



[Erewhon](#)

by *Attune Foods/Independent Company*



8 of 9 products are certified organic, 1 of 9 is 70% organic/company also markets conventional foods

554



Brands in the **3-Grain category** are either owned by corporations without a serious commitment to organics, or do not contain many organic ingredients. All brands listed under the 3-Grain categories have policies not to source genetically engineered ingredients or use ingredients extracted with petrochemical solvents. Consumers should choose products in this category only if they are labeled "organic," since "natural" products could be contaminated with pesticide residues, genetically engineered ingredients, and toxic solvent residues.

[Cascadian Farm](#)

by *General Mills/Public Corporation*



100% of the brand's cereal and granola products are certified organic/corporate owner is one of nation's largest agribusinesses involved in GMO/ chemical agriculture

410



[Cream of the West](#)

by *Cream of the West Inc./Independent Company*



Cereal Products are not certified organic

410



[Grizzlie's Brand](#)

by *Wildtime Foods/Independent Company*



only 8 of 22 cereal products are certified organic, 3 are 70% organic, 6 contain some organic ingredients and 5 are

conventional.

375



[Ruth's Hemp Foods](#)

by *Ruth's Hemp Foods/Independent Company*



Cereal Products are not certified organic

350



[New England Naturals](#)

by *New England Naturals/Independent Company*



Caution: only 12 of 28 granola products are certified organic (includes bulk granola)

346



[Weetabix](#)

by *Weetabix/Lion Capital*



Caution: only 2 in 3 cereal products is certified organic

342



[Skinners](#)

by *Attune Foods/Independent Company*



Cereal Products are not certified organic

335



[Uncle Sam](#)

by *Attune Foods/Independent Company*



Cereal Products are not certified organic

335



[Annie's Homegrown](#)

by *Annie's/Solera Capital*



Caution: only 1 of 5 cereal products is certified organic

325



[Stark Sisters Granola](#)

by *Stark Sisters Granola/Independent Company*



Caution: granola is not certified organic, contains some organic ingredients.

325



Brands lose points and fall under the **2-Grain category** for various reasons; sometimes products contain genetically engineered ingredients (see our cereal residue test results) or solvent (hexane)-extracted oils, or corporate owners are not committed to organics. Some brands under the 2-Grain category do offer certified organic products, which are good choices. But the "natural" label, used on most products under 2-Grain brands, is largely meaningless marketing hype.

[Arrowhead Mills](#)

by *Hain Celestial Group/Public Corporation*



Caution: only 9 of 24 cereal/oatmeal/granola products are certified organic

273



[Health Valley](#)

by *The Hain Celestial Group/Public Corporation*



Caution: only 11 of 16 products are certified organic

271



[Alpen](#)

by *Weetabix/Lion Capital*



Muesli Products are not certified organic

250



[Bob's Red Mill](#)

by *Bob's Red Mill/Employee-owned Company*



Caution: only 9 of 50 products are certified organic

242



[Dorset Cereal](#)

by *Dorset Cereals*



Caution: only 1 of 20 cereal products is certified organic

145



[Back to Nature](#)

by *Kraft Foods/Public Corporation*



Caution: only 1 of 9 granola products is certified organic

117



[Mother's](#)

by *Pepsico/Public Corporation*



Cereal Products are not certified organic

110



[Peace Cereal](#)

by *Hearthside Food Solutions/Wind Point Partners*



Cereal Products are not certified organic

110



[Sweet Home Farm](#)

by *Hearthside Food Solutions/Wind Point Partners*



Granola Products are not certified organic

110



Brands with a **1-Grain rating** are poor choices. The vast majority of brands in this category offer no certified organic products, and only a handful offer very limited organic choices. "Natural" products in the 1-Grain category contain ingredients that are likely produced with toxic pesticides, and could contain genetically engineered and hexane-extracted ingredients (see our cereal residue test results). The "natural" label on these products is largely meaningless marketing hype.

[Barbara's Bakery](#)

by *Weetabix/Lion Capital*



Caution: only 4 of 21 products are certified organic

98



[Three Sisters](#)

by *Malt-O-Meal/Independent Company*



Caution: only 3 of 12 cereal/oatmeal products are certified organic

76



[Kashi](#)

by *Kellogg/Public Corporation*



Caution: only 4 of 24 cereal products are certified organic

54



[Bakery on Main](#)

by *Bakery on Main Inc./Independent Company*



Cereal and Granola Products are not certified organic

50



[Udi's Granola](#)

by *Udi's Granola/Independent Company*



Granola Products are not certified organic

50



[Bear Naked](#)

by *Kellogg/Public Corporation*



Granola Products are not certified organic

10



[General Mills](#)

by *General Mills/Public Corporation*



Cereal products are not certified organic

10



[Nutritious Living](#)

by *Organic Milling Co./Independent Company*



Cereal and Granola Products are not certified organic

10



[Mom's Best](#)

by *Malt-o-Meal/Independent Company*



Cereal Products are not certified organic.

0



[OLA!](#)

by *OLA Foods, LLC/Independent Company*



Granola Products are not certified organic

0



[Post Natural](#)

by *Ralcorp Holdings/Public Corporation*



Cereal Products are not certified organic

0



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