

Cereals & their Brachos



Updated July 2018

Barbara's Bakery (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrona
Cinnamon Puffins	Pareve	Shehakol	Borai Nefashos
Honey Rice	Pareve	Mezonos	Borai Nefashos
Puffins (Original, Peanut Butter)	Pareve	Shehakol	Borai Nefashos
Multigrain Spoonfuls	Pareve	Mezonos	Al Hamichya
Shredded Oats	Pareve	Mezonos	Al Hamichya

Cascadian Farms (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrona
Chocolate O's	Pareve	Mezonos	Al Hamichya
Mult Grain Squares	Pareve	Mezonos	Al Hamichya
Multi-Bran	Pareve	Shehakol	Borai Nefashos
Purely O's	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya

General Mills (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrona
Basic 4	Dairy*	Mezonos	Al Hamichya
Cheerios (Original, Apple Cinnamon, Chocolate, Frosted, Fruity, Honey Nut, Multigrain, Oat Cluster Crunch)	Pareve	Mezonos	Al Hamichya
Cheerios (Cinnamon Burst, Protein Cinnamon Almond)	Pareve	Shehakol	Borai Nefashos
Cheerios + Ancient Grains	Dairy Equipment	Mezonos	Al Hamichya
Cheerios Yogurt Burst	Dairy*	Mezonos	Al Hamichya
Chex Wheat	Pareve	Mezonos	Al Hamichya
Chex Chocolate, Rice	Pareve	Mezonos	Borai Nefashos
Chex Cinnamon	Pareve	Mezonos	Borai Nefashos
Chex Corn, Honey-Nut, Multi-Bran	Pareve	Shehakol	Borai Nefashos
Chocolate Toast Crunch	Pareve	Mezonos	Al Hamichya
Cinnamon Toast Crunch, All	Dairy Equipment	Mezonos	Al Hamichya
Cocoa Puffs	Pareve	Shehakol	Borai Nefashos
Cookie Crisp	Pareve	Shehakol	Borai Nefashos
Dora the Explorer Cereal	Pareve	Shehakol	Borai Nefashos
Fiber One (Original)	Pareve	Mezonos	Al Hamichya
French Toast Crunch	Pareve	Shehakol	Borai Nefashos
Golden Grahams	Dairy Equipment	Mezonos	Al Hamichya
Honey Nut Clusters	Dairy*	Mezonos	Al Hamichya
Kix (Original, Berry Berry, Honey)	Pareve	Shehakol	Borai Nefashos
Oatmeal Crisp, All	Dairy*	Mezonos	Al Hamichya
Raisin Nut Bran	Dairy*	Mezonos	Al Hamichya
Reese's Puffs	Pareve	Shehakol	Borai Nefashos
Total (All)	Dairy*	Mezonos	Al Hamichya
Trix	Pareve	Shehakol	Borai Nefashos
Wheaties	Dairy*	Mezonos	Al Hamichya

Kashi (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrona
7 Whole Grain Puffs	Pareve	Hoadama	Borai Nefashos
7 Whole Grain Flakes	Pareve	Mezonos	Al Hamichya
7 Whole Grain Nuggets	Pareve	Mezonos	Al Hamichya
Autumn Wheat	Pareve	Mezonos	Al Hamichya
Go Lean (Original)	Pareve	Hoadama	Borai Nefashos
Go Lean Crisp!	Pareve	Mezonos	Al Hamichya
Go Lean Crunch!	Pareve	Mezonos	Al Hamichya
Good Friends	Pareve	Hoadama	Borai Nefashos
Heart to Heart (All)	Dairy Equipment	Mezonos	Al Hamichya
Strawberry Fields	Pareve	Mezonos	Al Hamichya

Kellogg's (when bearing K)

Cereal Name	Status	Brocha	Brocha Achrona
All Bran (Bran Buds)	Dairy Equipment	Shehakol	Borai Nefashos
All Bran (Original)	Pareve	Shehakol	Borai Nefashos
All Bran Complete Oat Bran Flakes	Pareve	Mezonos	Al Hamichya
All Bran Complete Wheat Bran Flakes	Pareve	Mezonos	Al Hamichya
Apple Jacks	Pareve	Mezonos	Al Hamichya
Cinnabon Crunchy Cinnamon Cereal	Dairy Equipment	Mezonos	Al Hamichya
Cocoa Krispies	Pareve	Mezonos	Borai Nefashos
Corn Flakes	Pareve	Hoadama	Borai Nefashos
Corn Pops (U.S.)	Pareve	Hoadama	Borai Nefashos
Cracklin' Oat Bran	Dairy*	Mezonos	Al Hamichya
Crispix - All	Pareve	Mezonos AND Hoadama ***	Borai Nefashos
Crunchy Nut - Golden Honey Nut Flakes	Pareve	Hoadama	Borai Nefashos
Crunchy Nut - Roasted Nut & Honey O's	Pareve	Shehakol	Borai Nefashos
Froot Loops	Pareve	Mezonos	Al Hamichya
Frosted Flakes	Pareve	Hoadama	Borai Nefashos
Fruit Harvest- Strawberry Blueberry	Pareve	Mezonos	Al Hamichya

Kellogg's (when bearing K)

Cereal Name	Status	Brocha	Brocha Achrona
Honey Smacks	Pareve	Mezonos or Hoadama**	Borai Nefashos
Lowfat Granola with Raisins Lowfat Granola without Raisins	Dairy*	Mezonos or Hoadama**	Borai Nefashos
Mueslix	Pareve	Mezonos	Al Hamichya
Product 19	Pareve	Mezonos	Al Hamichya
Raisin Bran (Regular, Crunch)	Pareve	Mezonos	Al Hamichya
Rice Krispies	Pareve	Mezonos	Borai Nefashos
Smart Start	Pareve	Mezonos	Al Hamichya
Special K (Original)	Dairy*	Mezonos	Borai Nefashos
Special K (Chocolatey Delight, Fruit & Yogurt)	Dairy*	Mezonos	Al Hamichya
Special K (Cinnamon Pecan, Multigrain, Oats & Honey)	Pareve	Mezonos	Al Hamichya

Kemach (when bearing the Symbol of Rabbi N.N. Horowitz and OK)

Cereal Name	Status	Brocha	Brocha Achrona
Bran Flakes	Pareve	Mezonos	Al Hamichya
Bunch -O- Krunch	Pareve	Shehakol	Borai Nefashos
Cocoa Munchees	Pareve	Shehakol	Borai Nefashos
Corn Flakes	Pareve	Shehakol	Borai Nefashos
Crispy Rice	Pareve	Mezonos	Borai Nefashos
Fruit Whirls	Pareve	Mezonos	Al Hamichya
Honey Frosted Crunch	Pareve	Mezonos	Al Hamichya
Honey Nut Toasted Oats	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya
Sugar Frosted Flakes	Pareve	Shehakol	Borai Nefashos
Sugar Puffed Wheat	Pareve	Mezonos or Hoadama**	Borai Nefashos
Toasted Oats	Pareve	Mezonos	Al Hamichya
Whole Wheat Flakes	Pareve	Mezonos	Al Hamichya

Malt-O-Meal (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrona
Apple Zings	Pareve	Mezonos	Al Hamichya
Blueberry Muffin Tops	Dairy*	Mezonos	Al Hamichya
Colossal Crunch	Pareve	Shehakol	Borai Nefashos
Crispy Rice	Pareve	Mezonos	Borai Nefashos
Dyno-Bites (Cocoa, Fruity)	Pareve	Mezonos	Borai Nefashos
Honey Nut Scooters	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya
Toasty O's (All)	Pareve	Mezonos	Al Hamichya
Tootie Fruities	Pareve	Mezonos	Al Hamichya

Post (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrona
Alpha Bits	Pareve	Mezonos	Al Hamichya
Banana Nut Crunch	Dairy*	Mezonos	Al Hamichya
Bran Flakes	Pareve	Mezonos	Al Hamichya
Cocoa Pebbles	Pareve	Mezonos	Borai Nefashos
Fruity Pebbles	Pareve	Mezonos	Borai Nefashos
Golden Crisp	Pareve	Mezonos or Hoadama**	Borai Nefashos
Great Grains (Cranberry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans)	Dairy*	Mezonos	Al Hamichya
Grape Nuts	Pareve	Mezonos	Al Hamichya
Honey Bunches of Oats (Honey Roasted, Raisin Medley, With Almonds, With Peaches, With Strawberries, With Vanilla Bunches, With Cinnamon Bunches, With Pecan Bunches)	Dairy*	Mezonos	Al Hamichya
Honeycomb	Pareve	Mezonos	Borai Nefashos
Honeycomb-Cinna-Graham	Pareve	Shehakol	Borai Nefashos
Maple Pecan Crunch	Dairy*	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya
Shredded Wheat (Honey Nut, Original, Original Spoon Size, Wheat 'N Bran)	Pareve	Mezonos	Al Hamichya
Waffle Crisp	Pareve	Mezonos	Al Hamichya

Quaker (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrona
Cap 'N Crunch	Dairy Equipment	Shehakol	Borai Nefashos
Cap 'N Crunch Crunch Berries	Dairy*	Shehakol	Borai Nefashos
Cap 'N Crunch - Peanut Butter	Pareve	Shehakol	Borai Nefashos
Cap 'N Crunch - Popcorn Caramel	Pareve	Shehakol	Borai Nefashos
Cap 'N Crunch Puffed Rice	Pareve	Mezonos	Borai Nefashos
Crisp Rice	Pareve	Mezonos	Borai Nefashos
Crunchy Corn Bran	Dairy Equipment	Shehakol	Borai Nefashos
Life (Original)	Pareve	Mezonos	Al Hamichya
Oatmeal Squares	Dairy Equipment	Mezonos	Al Hamichya

*Cholov Stam **As indicated in Igros Moshe OC 4:45 one may recite either a Mezonos or a Hoadama. ***One Crispix should be split. Recite Mezonos and eat the darker half (rice) first. Then recite Hoadama and eat the lighter half (corn).