



# Cereals & Brachos

## AND THEIR

DECEMBER 2020

PREPARED BY STAR-K KOSHER CERTIFICATION.

LIST IS FOR CEREALS PRODUCED IN THE UNITED STATES (UNLESS OTHERWISE NOTED).

LABEL MUST BEAR RELIABLE KOSHER SYMBOL.

DAIRY CEREALS LISTED ARE NOT CHOLOV YISROEL.

PRODUCTS LISTED AS DAIRY EQUIPMENT CONTAIN ONLY PAREVE INGREDIENTS AND WERE PRODUCED ON NON-CHOLOV YISROEL EQUIPMENT.

### Barbara's Bakery

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

### Cascadian Farms

Cereal Name	Status	Brocha	Brocha Achrona
Multi Grain Squares	Pareve	Mezonos	Al Hamichya
Purely O's	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya

### General Mills

Cereal Name	Status	Brocha	Brocha Achrona
Apple Cinnamon Toast Crunch	Dairy	Mezonos	Borai Nefashos
Basic 4	Dairy	Mezonos	Al Hamichya
Cheerios (Original, Apple Cinnamon, Banana Nut, Chocolate, Chocolate Peanut Butter, Frosted, Fruity, Honey Nut, Multi Grain, Oat Crunch, Peach)	Pareve	Mezonos	Al Hamichya
Chex (Blueberry, Chocolate, Cinnamon, Rice, Vanilla)	Pareve	Mezonos	Borai Nefashos
Chex (Corn, Honey Nut, Peanut Butter)	Pareve	Shehakol	Borai Nefashos
Chex (Wheat)	Pareve	Mezonos	Al Hamichya
Cinnamon Toast Crunch	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
Kix (Original, Berry Berry)	Pareve	Shehakol	Borai Nefashos
Oatmeal Crisp	Dairy Equipment	Mezonos	Al Hamichya
Reese's Puffs	Pareve	Shehakol	Borai Nefashos
Total	Dairy Equipment	Mezonos	Al Hamichya
Total Raisin Bran	Dairy Equipment	Mezonos	Al Hamichya
Trix	Pareve	Shehakol	Borai Nefashos
Wheaties	Dairy Equipment	Mezonos	Al Hamichya

### Kashi

Cereal Name	Status	Brocha	Brocha Achrona
7 Whole Grain Flakes	Pareve	Mezonos	Al Hamichya
7 Whole Grain Puffs	Pareve	Hoadama	Borai Nefashos
Go Original	Pareve	Hoadama	Borai Nefashos
Heart to Heart Organic Honey Toasted Oat Cereal	Dairy Equipment	Mezonos	Al Hamichya

### Kellogg's

Cereal Name	Status	Brocha	Brocha Achrona
All Bran (Original, Buds)	Pareve	Shehakol	Borai Nefashos
All Bran Complete Wheat Bran Flakes	Pareve	Mezonos	Al Hamichya
Apple Jacks	Pareve	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 Equipment	Mezonos	Al Hamichya
Crispix	Pareve	Mezonos AND Hoadama**	Borai Nefashos
Froot Loops	Pareve	Mezonos	Al Hamichya
Frosted Flakes	Pareve	Hoadama	Borai Nefashos
Honey Smacks	Pareve	Mezonos or Hoadama*	Borai Nefashos
Krave Chocolate Cereal	Dairy	Mezonos	Al Hamichya
Mueslix	Pareve	Mezonos	Al Hamichya

### Kellogg's (cont.)

Cereal Name	Status	Brocha	Brocha Achrona
Raisin Bran (Regular, with Bananas, with Cranberries)	Pareve	Mezonos	Al Hamichya
Raisin Bran Crunch (Original)	Pareve	Mezonos	Al Hamichya
Rice Krispies	Pareve	Mezonos	Borai Nefashos
Smart Start	Pareve	Mezonos	Al Hamichya
Special K (Original)	Pareve	Mezonos	Borai Nefashos
Special K (Chocolatey Delight, Fruit & Yogurt)	Dairy	Mezonos	Al Hamichya
Special K (Cinnamon Pecan, Red Berries)	Pareve	Mezonos	Al Hamichya

### Kemach

Cereal Name	Status	Brocha	Brocha Achrona
Bran Flakes	Pareve	Mezonos	Al Hamichya
Bunch -O- Krunch	Pareve	Shehakol	Borai Nefashos
Cocoa Munchies	Pareve	Shehakol	Borai Nefashos
Corn Flakes	Pareve	Shehakol	Borai Nefashos
Crisp Rice	Pareve	Mezonos	Borai Nefashos
Crunchy Cinnamon Bites	Pareve	Mezonos	Al Hamichya
Fruit Whirls	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

Cereal Name	Status	Brocha	Brocha Achrona
Apple Zings	Pareve	Mezonos	Al Hamichya
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
Tootie Fruities (Regular)	Pareve	Mezonos	Al Hamichya

### Nestle/Israel - STAR-K Certified Pas Yisroel and Yoshon

Cereal Name	Status	Brocha	Brocha Achrona
Cheerios	Pareve	Mezonos	Al Hamichya
Crunch	Pareve	Mezonos	Al Hamichya
Fitness	Pareve	Mezonos	Al Hamichya

### Post

Cereal Name	Status	Brocha	Brocha Achrona
Alpha Bits	Pareve	Mezonos	Al Hamichya
Bran Flakes	Pareve	Mezonos	Al Hamichya
Cocoa Pebbles (Original, Peanut Butter)	Pareve	Mezonos	Borai Nefashos
Fruity Pebbles	Pareve	Mezonos	Borai Nefashos
Golden Crisp	Pareve	Mezonos or Hoadama*	Borai Nefashos
Grape Nuts	Pareve	Mezonos	Al Hamichya
Great Grains (All)	Pareve	Mezonos	Al Hamichya
Honey Bunches of Oats (All)	See Below***	Mezonos	Al Hamichya
Honeycomb	Pareve	Mezonos	Borai Nefashos
Oreo O's (Original)	Pareve	Shehakol	Borai Nefashos
Raisin Bran	Pareve	Mezonos	Al Hamichya
Shredded Wheat (Original Spoon Size, Wheat 'N Bran Spoon Size)	Pareve	Mezonos	Al Hamichya

### Quaker

Cereal Name	Status	Brocha	Brocha Achrona
Cap 'N Crunch (Original)	Pareve	Shehakol	Borai Nefashos
Cap 'N Crunch - Crunch Berries	Dairy	Shehakol	Borai Nefashos
Cap 'N Crunch - Peanut Butter	Pareve	Shehakol	Borai Nefashos
Corn Crunch	Pareve	Shehakol	Borai Nefashos
Life (Original, Cinnamon, Vanilla)	Pareve	Mezonos	Al Hamichya
Oatmeal Squares (All)	Dairy Equipment	Mezonos	Al Hamichya
Puffed Rice	Pareve	Mezonos	Borai Nefashos

\*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).

\*\*\* Honey Bunches of Oats: If label bears a "D" and lists whey in the ingredients, product is dairy. If label bears no "D" product is Pareve and made on Pareve equipment.

The halachic basis for brachos on breakfast cereals can be found in an extensive article found at [star-k.org](http://star-k.org)

For more information call 410.484.4110 or visit [www.star-k.org](http://www.star-k.org)