The 10 Best Organic Cereals

Don't be tricked by "natural" cereals. If you really want healthy choices, pick cereals from companies committed to organic ingredients.

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By Leah Zerbe





Farm to Table Ancient Grain Oatmeal

Nutritional perks: This isn't your average oatmeal. Farm to Table's ancient grain oatmeal blend incorporates grains like spelt and kamut, an ancient cereal grain related to durum wheat. Kamut packs up to 40 percent more protein than conventional wheat, helping you feel fuller longer.

Try it: Cook with milk on the stove top for a creamier texture, and then top with a bit of cinnamon and just a splash of organic half-and-half for a quick, healthy start to your day!

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