



Phil Lempert

SUPERMARKETGURU®

Smarter Shopping, Healthier Eating, Better Living

Dr. McDougall's Right Foods Superfood Hot Cereal Cups Chia Berry is MY PICK OF THE WEEK!

Not only are the ingredients fantastic, but they have an added sugar packet. This is so smart! Well, It was created by a Doctor...

Dr. McDougall's Right Foods: Superfood Hot Cereal Cups

This product is a HIT!



SCORE

95



TASTE	VALUE	NUTRITION	INGREDIENTS	PREPARATION	APPEARANCE	PACKAGING	SUSTAINABILITY	TOTAL
29 / 30	18 / 20	15 / 15	15 / 15	5 / 5	5 / 5	5 / 5	3 / 5	95 / 100

- ✓ BPA Free
- ✓ Non-GMO Certified
- ✓ 100% Whole Grain
- ✓ No Artificial Colors
- ✓ No Artificial Flavors
- ✓ No Artificial Preservatives
- ✓ USDA Certified Organic
- ✓ Vegetarian
- ✓ Vegan

This is so smart! Not only are the ingredients fabulous and real foods with raspberries, strawberries, blackberries and blueberries. 640 mg of Omega 3s, 190 calories, 4.5 grams of fat, no sodium, 6 grams of protein and 3 grams of sugars. This is delicious and convenient. Add water and microwave in the cup. The so smart idea is they have an optional sugar packet. You can add or not, all or just a bit - if you do add the entire packet, calories go up and sugars go to 20 grams. I tasted both ways - honestly I like it better without the sugar.

\$2.49 2.5oz

Dr. McDougall's Right Foods

530-669-6870

<http://www.rightfoods.com>

