



Hot Cereal 4 products

Start the day off right, with heart-warming whole grains, protein, fiber, and nothing artificial - just yummy natural flavors and a dash of love.



Cold Cereal 25 products

Crunchy clusters, sweet squares, flakes & granola - we've got something for everyone! They come with real nutrition, whole grains, toasty good taste and nothing artificial.



Snack Bars 30 products

We put lots of tasty ingredients in our bars, like sweet fruits, rich dark chocolate, and crunchy nuts. Plus, you get real nutrition, nothing artificial, and a feel-good snack.



Crackers 12 products

Our snack and party crackers taste as yummy as what we put in them: real cheddar cheese, herbs, roasted veggies, and all-natural whole-grain goodness.



Entrees 13 products

When tasty, wholesome, all natural ingredients like our hearty 7 Whole Grain pilaf, fresh vegetables, and seasoned chicken are cooked up for you, eating well is easy.



Pizza 7 products

Pizza lovers, rejoice: Roasted veggies, unique mushrooms, rich sauces, tasty cheeses, all on our 7 Whole Grain crust.



Cookies 3 products



Pilaf 1 products

lly tasty and nutritious, our a hearty foundation for any plus, our heritage blend of 7 Grains & Sesame has protein, nd a day's worth of whole too.



Pocket Bread Sandwiches 3 products

Our heat-up sandwiches bring natural foods into your routine, with tasty ingredients like roasted veggies and turkey, and real nutrition with fiber, protein, and 400mg ALA Omega-3s.



Waffles 4 products

Warm up to the 7 whole grain goodness of Kashi waffles. Naturally sweetened and baked to crispy perfection, our waffles are as tasty as they are nutritious.