

# compare & contrast



	gluten free	wheat free	peanut free	tree nut free	vitamin fortified	vegan
<b>Perky's Nutty</b> (Nutty Rice, Nutty Flax)	X	X	X	X		contain honey*
<b>Perky's O's</b> (Original, Apple Cinnamon, Frosted)	X	X	X	X	X	X
<b>Glutino</b> (O's cereal)	X	X				contains honey*
<b>Heartland's Finest</b> (CerO's)	X	X				X
<b>Barbara's</b> (Brown Rice Crisps)	X	X				X

Based on product information and claims from company websites and packaging

\* Some view honey as acceptable to vegan diet, others do not