



# Choosing a Healthy Cereal

## How to Build a Better Breakfast

Confused by all of the options in the cereal aisle? To make a healthy choice, keep these tips in mind:

**1** “Whole” should describe the grain listed as the first ingredient

**2** Look for 5 grams or more fiber per serving

**3** Keep it to 200 calories or less per serving

**4** Look for less than 12 grams of sugar per serving but keep in mind that raisins and other dried fruits will naturally boost the sugar content

**Bonus** If you choose a product with at least 8 grams of fiber, don't worry about the sugar content!

**4 grams of sugar  
= 1 teaspoon!**

Nutrition Facts	
Serving Size 56g	
Amount Per Serving	
<b>Calories</b> 212	Calories from Fat 22
% Daily Value*	
<b>Total Fat</b> 2g	4%
Saturated Fat 1g	3%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 269mg	11%
<b>Total Carbohydrate</b> 44g	15%
Dietary Fiber 4g	16%
<b>Sugars</b> 9g	
<b>Protein</b> 6g	
Vitamin A 11%	Vitamin C 11%
Calcium 11%	Iron 95%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

