

# Cereal: An Easy Guide

Many kids love to eat cereal for breakfast or snack. However, many cereals have too much sugar, making them unhealthy. The cereals in the pictures below are healthier options. Try one of these next time your child has cereal. Use the tips on this page for help picking out cereal and serving it to your child.

## Buying

- ♥ Make sure **whole grain** is the first ingredient.
- ♥ **Sugar** should not be one of the first two ingredients.
- ♥ Aim for at least 3 grams of **fiber** per serving.
- ♥ Buy the store brands. They often cost less.

## Serving

- ♥ Add low fat or fat free milk to your child's bowl of cereal.
- ♥ Instead of milk you can try low fat or fat free plain yogurt.
- ♥ Serve cereal with fresh fruit such as berries or slices of banana, peach, mango, etc.

PER 1-CUP SERVING:



100	1g
CALS	SUGARS
3g	3g
FIBER	PROTEIN
2g	
FAT	

PER 1 1/4-CUP SERVING:



110	3g
CALS	SUGARS
3g	2g
FIBER	PROTEIN
1g	
FAT	

PER 3/4-CUP SERVING:



100	5g
CALS	SUGARS
3g	2g
FIBER	PROTEIN
.5g	
FAT	

PER 3/4-CUP SERVING:



100	4g
CALS	SUGARS
3g	2g
FIBER	PROTEIN
.5g	
FAT	