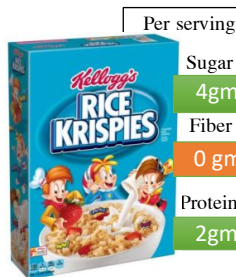
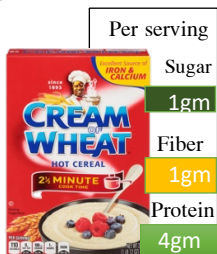
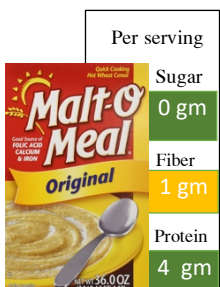


Choosing Right Breakfast Cereals For Your Family.

Cereals with at least 3 gms. of fiber, protein and whole grain as first ingredient in the ingredient list.



Cereals with higher fiber & protein (5 gms or more). Higher sugar- 9gms or more. High fiber could make up for the high sugar.



Cereals with more than recommended added sugar, low to high fiber & moderate protein.



Excellent Choices

Better Choice

Good Cereals

Cereals which has more than 9 gms of added sugar and less or no fiber or protein



Inferior Choices

Whole grain is listed under ingredients

Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Corn Bran, Whole Grain Rice, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color)

Ingredients In A Healthy Cereal
Whole grain: First ingredient in the ingredient list.
Fiber: At least 2-3 gms.
Protein: some protein
Sugar: Less than 6 gms