

# The Cereal Conundrum

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The main things to keep in mind are:

1. **You want a cereal that has at least 16 grams of whole grains per serving.** Adults should consume at least 48 grams of whole grains each day.
2. **Your cereal of choice should contain no more than 250 calories per cup.** For example, some granolas contain 200 calories in a ½ cup.
3. **Your cereal should never contain more than three grams of saturated fat.**
4. **The cereal should contain at least three grams of fiber per serving.**
5. **Your cereal should contain no more than 8 grams of sugar per serving.** Remember that the American Heart Association recommends no more than 25 grams of added sugar per day for women and 36 for men.



Let's look at a few popular choices.

## **Cheerio's (serving size is 1 cup):**

- ✓ Cheerios provide 23 grams of whole grain per serving
- ✓ Cheerios only contain 100 calories in a cup
- ✓ Cheerios contain half a gram of saturated fat per serving
- ✓ A serving of Cheerios provides three grams of fiber
- ✓ A serving of Cheerios only contains one gram of sugar

**Frosted Mini Wheats (serving size is 25 biscuits):**

- ✓ Frosted Mini-Wheats provide 40 grams of whole grain per serving
- ✓ Frosted Mini-Wheats contain 210 calories per serving
- ✓ Frosted Mini-Wheats contain no saturated fat
- ✓ Frosted Mini-Wheats provide six grams of fiber
- × Frosted Mini-Wheats contain 12 grams of sugar per serving

**Kashi GO Crunch! Honey Almond Flax (serving size is 1 cup):**

- × Kashi GO Crunch contains 13 grams of whole grain per serving
- ✓ Kashi GO Crunch contains 200 calories per serving
- ✓ Kashi GO Crunch contains half a gram of saturated fat
- ✓ A serving of Kashi GO Crunch provides eight grams of fiber
- × Kashi GO Crunch delivers 12 grams of sugar

**Lucky Charms Cereal (serving size is ¾ cup):**

- × A serving of Lucky Charms contains 11 grams of whole grain
- ✓ A cup of Lucky Charms contains 147 calories
- ✓ Lucky Charms contain no saturated fat
- × A serving of Lucky Charms contains two grams of fiber
- × A serving of Lucky Charms contains 10 grams of sugar

**Quaker Life Cinnamon Multigrain Cereal (serving size is ¾ cup):**

- ✓ Life cereal contains 19 grams of whole grains per serving
- ✓ Life cereal contains 160 calories per cup
- ✓ Life cereal contains no saturated fat
- × A serving of Life cereal contains two grams of fiber
- ✓ A serving of Life cereal contains eight grams of sugar

**A few more tips and tricks to help you get the most out of your bowl:**

- ◆ The “fruit bits” in cereal are almost always dried apple, colored and flavored to resemble other, more costly, fruits such as berries. You’d be much better off to add fruit at home.
- ◆ The “yogurt” bits or “yogurt” used to cover dried fruit bits in cereal is usually an unappetizing blend of yogurt powder, hydrogenated oil, and sugar.
- ◆ By buying an unsweetened cereal and adding a pinch of sugar or a dollop of honey at home will probably save you added sugar compared to chowing down on a sweetened cereal.
- ◆ If your diet isn’t in tip-top shape, you should look for a cereal that is fortified with calcium, vitamin D, folic acid, and vitamin C.
- ◆ If you’re trying to watch your weight, it’s best to use a measuring cup to determine what a serving size is – most of us are accustomed to eating very large portions.
- ◆ Look for cereals that don’t contain sugar in the first three ingredients on the ingredient list.