

NUTRIGRAM

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How Does Your Favorite Cereal Rate?

Breakfast cereals are enjoyed by people of all ages and, despite their name, at all times of day. The first breakfast cereal, Granula (named after granules) was invented in 1863 by James Caleb Jackson. Granula never became popular because the heavy bran nuggets needed soaking overnight before they were tender enough to eat. Later, in 1887, John Harvey Kellogg invented a more popular ground up wheat, oat, and cornmeal biscuit and also called it Granula. After a lawsuit, he changed the name to Granola and breakfast cereal as we now know it began. Since this time, breakfast cereal has come a long way and over 200 different kinds of cereal have been created.

Are some cereals better than others?

Breakfast cereals were originally developed to provide more fiber at breakfast time. Now, many breakfast cereals have almost no fiber at all. Some breakfast cereals even have as much sugar as some candy. Despite these differences, there are many breakfast cereals that can help you start your day off right. When picking a breakfast cereal, remember these tips:

- ▶ Go with whole grains. Cereals made with whole grains give you more fiber and other nutrients that promote good health.
- ▶ Watch out for sugar. If your cereal looks and tastes like it could be candy, it probably isn't a good choice. Added sugar, like in some sweet cereals, can make it harder to stay at a healthy weight and can increase the chance of getting cavities.
- ▶ Look for vitamins and minerals. If your doctor has told you that you need to get more of certain nutrients, check the cereal box. Many cereals are fortified with nutrients like iron, folic acid and other vitamins.

Check out this table to see how some popular cereals rate:

Cereal	Whole Grains?	Fiber	Sugar	☺ or ☹
General Mills Cheerios	Yes	3g	1g	☺
General Mills Wheaties	Yes	3g	4g	☺
General Mills Honey Nut Chex	No	0g	9g	☹
Kellogg's Cocoa Krispies	No	1g	14g	☹
Kellogg's Frosted Mini-Wheats	Yes	6g	12g	☺
Post Fruity Pebbles	No	0g	12g	☹
Post Great Grains	Yes	4g	14g	☺
Quaker Life	Yes	2g	6g	☺

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WHOLE GRAINS
3 IS KEY...

oats, bulgur wheat, quinoa, teff, barley, amaranth, farro, spelt, wheatberries, kasha, kamut—so many choices to make getting 3 whole grain servings a day simple.

Whole grains, which contain the entire grain seed, are packed with **PHYTONUTRIENTS, ANTIOXIDANTS and FIBER.** 3 or more servings a day may help reduce your risk of heart disease, certain cancers, type II diabetes and may help with weight maintenance.

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