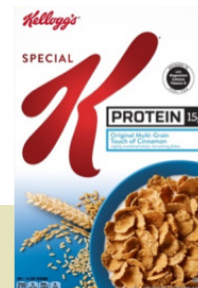




NAVIGATING THE CEREAL AISLE



When choosing a cereal, look for:

- At least 3 grams of fiber
- Less than 9 grams of added sugar

For a protein-rich breakfast:

- Choose cereal with at least 3 grams of protein
- Have with dairy or plant-based milk with at least 7 grams of protein (like soymilk or one with pea protein)

Not ready to switch?

- Mix your favorite cereal with one that has higher fiber and lower sugar.
- Focus on fiber first, then try cereals with less sugar (Frosted Mini Wheats and Honey Nut Cheerios both have 3 to 5 grams of fiber and come with 12 grams of added sugar).

WANT A BREAKFAST OR GRANOLA BAR?

Look for one with:

- At least 3 grams of fiber
- Less than 9 grams of added sugar
- At least 3 grams of protein (more if using as a meal)



Try making your own!

This recipe from cookingmatters.org makes 9 servings:

- 4 tablespoons honey
- 2 tablespoons canola oil
- ½ teaspoon ground cinnamon
- 2 cups old-fashioned rolled oats
- 4 tablespoons sliced or chopped almonds
- Non-stick cooking spray
- ½ cup dried fruit (raisins, cranberries, apricots, dates or prunes)

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
3. Add oats and almonds. Stir until well-coated with honey mixture.
4. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
5. Bake until lightly browned, about 10 to 15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven. Let cool completely.
6. Transfer cooled granola to a medium bowl. Stir in dried fruit.