



Breakfast Cereals

Which are the best: hot or ready-to-eat cereals?

Both are good, if you choose carefully.

Most **hot cereals** such as oats, cream of wheat and others are good choices:



- They don't have sugar.
- They contain fiber.
- They are low in price.

When picking **ready-to-eat cereals**, choose ones **low in sugar**.

- **Read the label** and choose cereals with **less than 4 grams of sugar per oz¹**.
- If sugar is listed as the first or second ingredient, put the box back on the shelf.
- Don't be fooled by the name or the claims on the box – just because it says 'fruit' or 'all natural' doesn't mean it is not loaded with sugar.

Some **ready-to-eat cereals** are also a good source of **fiber**.

- Choose cereals that have **more than 1 gram of fiber per oz¹**.

To **save money** buy:

- Large packages instead of individual servings.
- Generic cereals sold in bulk.
- Cereals given by the WIC Program.

For **better health**:

- Use low-fat or non-fat milk on your cereal.
- Don't add sugar.
- Flavor with fresh or dried fruits or nuts!



¹1 oz is equivalent to about 1 cup of most breakfast cereals.