

More bang for your buck...

Choose the best cereals to JUMP-start your child's day...

DID YOU KNOW that whole grain foods, such as whole grain cereals, can help your child stay at a healthy weight and avoid type 2 diabetes? Eating a whole grain breakfast will get your child's day off to a great start!

Whole Grain Cereal Nutrition Facts	
Serving size: 1 cup	
Amount Per Serving	
Calories	100
Calories from Fat	15
Total Fat	2g
Cholesterol	0mg
Sodium	190mg
Total Carbohydrate	20g
Dietary Fiber	3g
Sugars	5g
Protein	3g
Ingredients: Whole Grain...	

Look for NO MORE than 2 grams of fat per serving

Look for AT LEAST 2-3 grams of fiber per serving

Look for the word "whole" in the first ingredient. For example, "whole wheat flour" but NOT "wheat flour" or "enriched wheat flour"

For sugar, LESS is BEST! Some cereals have more than a tablespoon of sugar per serving!

SUGAR MATH
15 g = 1 Tablespoon
5 g = 1 teaspoon

If your child is used to sweeter varieties, introduce unsweetened ones slowly:

- Mix the new half-and-half with the sweeter variety
- Add fruit such as sliced bananas or peaches canned in their own juice
- Sprinkle it with a small amount of brown sugar (brown sugar has more flavor so you need less).

**Let's Get
Cooking!**

Kid-friendly Recipe: Apple Bread Pudding

Your child will enjoy helping you create this delicious cereal snack. Whole grain cereal is great at breakfast and/or snack time!

- 4 firm ripe bananas
 - 8 wooden sticks with rounded ends
 - 1 to 2 containers (6-oz each) thick and creamy low-fat yogurt (any flavor)
 - 3 cups classic Cheerios® cereal
- 1) WASH HANDS 20 seconds (sing Happy Birthday song 2 times).
 - 2) Cover cookie sheet with waxed paper.
 - 3) Peel bananas; cut bananas crosswise in half. Insert wooden stick into cut end of each banana. Roll in yogurt, then in cereal. Place on cookie sheet.
 - 4) Freeze about 1 hour or until firm. Wrap each banana in plastic wrap or aluminum foil. Store in freezer.

Makes 8 servings.

Healthful CEREAL Choices

Eating whole grain breakfast cereals is one of the best ways to include nutritious whole grains in the diet, but some whole grain cereals are also very sugary. Children can learn to enjoy unsweetened cereals through positive experiences with cereals prepared in a variety of different ways.

Food companies have clever marketing tricks to make cereals look more healthful than they really are, so it's important to compare the Nutrition Facts on cereal packages to make the wisest selections. See the guidelines for label reading that are included in the accompanying *Family Resource* take-home sheet.

Activity Objectives:

Children have positive tasting experience with a variety of unsweetened whole-grain cereals while working cooperatively to prepare and package a simple snack.

Materials:

- Recipe ingredients
- One-cup solid measuring cups
- Large bowl
- Mixing spoon
- Small goody bags

Children can participate by:

- Filling up measuring cups with ingredients
- Mixing ingredients together
- Transferring mix to individual snack bags

Discussion Points:

- Ingredient shapes, textures, colors
- Compare taste and crunch of one ingredient to another
- When do we usually eat cereal?
- Does cereal make a good snack?
- What else do you usually eat for breakfast? for snack?
- What is cereal made from?
- Do treats have to be sweet?

Recipe: Halloween Trail Mix

- 2 cups toasted-O's cereal, such as classic Cheerios®
- 2 cups whole grain corn square cereal, such as Corn Chex®*
- 2 cups whole grain goldfish crackers*
- 1 cup mixed dried fruit

- 1) WASH HANDS for 20 seconds (sing Happy Birthday song 2 times).
- 2) Mix all ingredients in a large bowl.
- 3) Scoop out into holiday-themed goody bags.

Makes 7 cups of snack mix. One serving is about 1/2 cup.

*These are not 100% whole grain, but do contain a significant amount of whole grain. For even more whole grain goodness replace the Corn Chex® with Wheat Chex®.

