**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BLOCK: \_\_\_\_\_**

**CEREAL NUTRIENT COMPARISON OF READY-TO-EAT CEREALS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **CEREAL** | **SERVING SIZE** | **CALORIES** | **PROTEIN HIGHER IS BETTER** | **TOTAL CARBOHYDRATES****(CHO = CARBOHYDRATE)****HIGHER IS BETTER** | **SUGAR** **(CHO = CARBOHYDRATE)****LOWER IS BETTER** | **FIBRE****HIGHER IS BETTER****20-30g per day** | **FAT****LOWER IS BETTER** |
| **FRUIT LOOPS** |  |  |  |  |  |  |  |
| **FROSTED FLAKES** |  |  |  |  |  |  |  |
| **CORN FLAKES** |  |  |  |  |  |  |  |
| **SPECIAL K** |  |  |  |  |  |  |  |
| **FROSTED MINI WHEATS** |  |  |  |  |  |  |  |
| **LUCKY CHARMS** |  |  |  |  |  |  |  |
| **CHEERIOS** |  |  |  |  |  |  |  |
| **SHREDDIES** |  |  |  |  |  |  |  |

**\*Assume serving sizes are equal**

**How to Read a Cereal Box**

1. All the numbers below are for **ONE SERVING**. One serving of this cereal is ¾ cup (28g). If you normally eat more or less, be sure to adjust the numbers accordingly.
2. The first column is for the dry cereal alone. The second column is for the cereal with ½ cup (125 mL) of **SKIM** milk. Caloric and fat content will be higher if you use 1%, 2% or homogenized milk.
3. Most cereals contain little or no fat. The exceptions are most granolas and cereals with added nuts.
4. Cholesterol is found only in animal products, so cereals rarely contain cholesterol. Non-fat milk contains little cholesterol while higher-fat types have more.
5. Some cereals have a surprising amount of sodium, yet they don’t taste “salty.” This cereal has 8% of the Daily Value in a single serving.
6. Many diets lack dietary fibre. Fibre is not a “nutrient” but it might help prevent cancers of the bowel. Two grams is 8% of the Daily Value, which is defined as “a source of” fibre but not a “high source” of fibre (defined as 4g or more of fibre per serving).
7. How can you know how much of a cereal is sugar? Look at the top of the nutrition panel to find the size of a single serving – here 28g. Next, look at the entry to the right of “Sugars” near the middle of the label – here 9g. So 9g of the 28g serving, or 32% by weight, is sugar.
8. Most of these nutrients come from fortification – a vitamin supplement “sprayed” onto the cereal.
9. The ingredient list shows a breakdown of the contents by weight of the individual ingredients. This cereal is mainly whole grain oats but has more sugar than oat bran.
10. “Health claims” may be made on the packaging.
11. Possible allergens may be listed with the ingredients.

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