

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

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## Choosing Breakfast Cereals

Cereal is a quick, easy, and nutritious way to start the day.

When choosing a cereal read the nutrition facts label to find one where one serving contains the following:

- 100-200 calories (ideally less than 120 calories).
- Protein (2 or more grams).
- Fiber (3 grams or more, preferably 5 grams or more).
- Sugar (8 grams or less).
- Fat (less than 3 grams of fat and no trans fat).
- Between 10 and 25% of the Daily Value for key vitamins and minerals (e.g. iron, folate, B<sub>6</sub> and B<sub>12</sub>).



### Other cereal tips:

- Granola & “Natural” Cereals may contain more fat, sugars or sodium than you would expect, and many have saturated fats from coconut and palm oils.
- If your favorite cereal is not the most nutritious choice, try mixing it with one that is. Together they will give you a flavor you like and the nutrients you need.

### Shopping in the Breakfast Cereal Aisle

- **Compare Price Per Cup:** One cup is a serving size for most ready-to-eat breakfast cereals, so compare the price per cup instead of the cost per ounce as indicated by the unit price on the shelves of many stores. Some cereals are heavier, so you get fewer cups for the weight.
- **Look Up & Look Down:** More expensive brands are at “eye-level,” or at a level that makes them easy to see, grab and toss in the cart. Store brands that may cost less and are just as good are often placed on higher or lower grocery shelves.



## Breakfast Cereal Bars

- 3 cup whole-grain cereal (Chex, Cheerios, Kashi, etc.)
- 1 cup peanut butter
- 1/2 cup honey
- 1 cup raisins
- 1/4 cup almonds



1. Wash hands.
2. In a bowl, mix together cereal, raisins and almonds.
3. In another bowl, mix together peanut butter and honey.
4. Add dry ingredients to peanut butter/honey mixture. Mix well.
5. Press into a 9- by 9-inch pan.
6. For easier cutting, chill 20 minutes, then cut into 16 squares. Wrap squares individually in plastic wrap for an on-the-go snack.

## Other Nutrient-Packed Breakfast Ideas Using Cereal

- ◆ Whole-grain cereal topped with a banana and low-fat milk.
- ◆ Oatmeal sprinkled with raisins and nuts.
- ◆ Yogurt topped with granola and fruit.
- ◆ Trail mix made with your favorite cereal, nuts and dried fruit.

### For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,  
Kootenai & Shoshone Counties      208-446-1680

North Central Idaho: Clearwater, Idaho, Latah,  
Lewis, & Nez Perce Counties      208-883-2267



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