

## Kids Kitchen: Which cereal should I eat?

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Circle the cereal below that is the healthiest choice.

**Hints:** Look at the number of sugar grams per serving. Choose the lower amount. Also look at the ingredients list and try to find a cereal that has whole grains listed as the first ingredient. Don't pick a cereal that lists sugar, high fructose corn syrup, or any other word that means sugar as the first ingredient.

### Frosted Fruit O's

Ingredients: Sugar, Corn Flour, Wheat Flour, Oat Flour, Partially Hydrogenated Vegetable Oil (one or more of: Coconut, Cottonseed, and Soybean), Salt, Sodium Ascorbate and Ascorbic Acid (Vitamin C), Niacinamide, Reduced Iron, Natural Orange, Lemon, Cherry, Raspberry, Blueberry, Lime, and other natural flavors, Red #40, Blue #2, Zinc Oxide, Yellow #6, Turmeric Color, Pyridoxine Hydrochloride (Vitamin B6), Blue #1, Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Annatto Color, Vitamin A Palmitate, BHT (Preservative), Folic Acid, Vitamin B12, Vitamin D

Nutrition Facts	
Serving Size 1 cup (30g)	
Amount per serving	
Calories: 120      Calories from Fat: 10	
% Daily Value	
Total Fat 1 g	2%
Saturated Fat 0.5 g	0%
Cholesterol 0 mg	0%
Sodium 140 mg	6%
Total Carbohydrates 26 g	5%
Dietary Fiber 1 g	9%
Sugar 13 g	
Protein 1 g	



### Corn Squares

Ingredients: Milled Corn, Rice, Brown Sugar, Salt, Malt Flavoring, Baking Soda, Ascorbic Acid (Vitamin C), Iron, Niacinamide, Turmeric Color, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Vitamin A Palmitate, Folic Acid, Vitamin B12, and Vitamin D

Nutrition Facts	
Serving Size 1 cup (29g)	
Amount per serving	
Calories: 110      Calories from Fat: 0	
% Daily Value	
Total Fat 0 g	2%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 210 mg	6%
Total Carbohydrates 25 g	5%
Dietary Fiber 1 g	9%
Sugar 3 g	
Protein 2 g	



### Chocolate Puffs

Ingredients: sugar, corn meal, cocoa, canola and/or rice bran oil, high fructose corn syrup, corn starch, modified corn starch, cocoa processed with alkali, salt, calcium carbonate, fructose, beet powder and caramel color, trisodium phosphate, artificial flavor, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), a B vitamin (folic acid), vitamin B12, wheat starch. Freshness preserved by BHT.

Nutrition Facts	
Serving Size 1 cup (32g)	
Amount per serving	
Calories: 120      Calories from Fat: 18	
% Daily Value	
Total Fat 2 g	2%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 160 mg	6%
Total Carbohydrates 26 g	5%
Dietary Fiber 2 g	9%
Sugar 14 g	
Protein 1 g	



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*So does it mean that if your favorite breakfast cereal tells you it's full of vitamins and minerals it is good for you?*

*Nope. Just because a food is high in vitamins and minerals doesn't mean it is healthy overall. What if it is loaded with extra sugar?*

*The information on a food label can help you to decide what to choose as part of an overall healthy eating plan.*

*Reviewed by: Kathy Hosig, Ph.D., MPH, RD, Associate Professor, Edward Via Virginia College of Osteopathic Medicine.*

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**This publication was partially funded by the Expanded Food Nutrition Education Program, USDA, CSREES.**