



What defines a healthy cereal?

- At least 3 grams of fiber
- Less than 6 grams of sugar
- 1st ingredient should be one of the following:
 - Whole Wheat/Wheat
 - Brown Rice
 - Bulgur
 - Buckwheat
 - Whole Oats
 - Wild Rice
 - Whole grain Corn/Cornmeal
 - Millet
 - Whole Grain Barley
 - Triticale - Quinoa