HEALTHY CEREALS

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From the Cereals that I Have Researched Which One is the Healthiest?

Thesis

Healthy cereals are cereals that have health benefits to them. Sometimes the name of cereal can be misleading because they imply that they are nutritious when in fact they may not be. I am comparing different cereals in this project to see which one has the most health benefits.

What is Healthy Eating?

Healthy Eating is:

- Having enough fruits and vegetables
- Eating foods with protein
- Choosing foods that are whole grain
- Drinking water
- Being mindful of eating habits
- Eating with others
- Enjoying food
- Eating home cooked meals
- Trying not to eat highly processed foods

Daily Recommended Intake of Sugar

Gender	Age	Amount in grams
Women	Adult	25g (AHA)
Men	Adult	36g (AHA)
Women and Men	Adult	30g (NHS UK)
Boys and Girls	7-10	24g (NHS UK)
Boys and Girls	4-6	19g (NHS UK)

1 teaspoon of sugar = 4 grams = 1 cube of sugar

Daily Recommended Intake of Protein

Age and Gender	Total Recommended Daily Allowance (g)
Babies and Children	
6-11 months	11
1-3 years	13
4-8 years	19
Males	
9-13 years	34
14-18 years	52
19-70 years and older	56
Females	
9-13 years	34
14-17 years and older	46

Daily Recommended Intake of Fibre

- Women under 50 → 25 to 28 grams daily
- Women 51 and older → 22 grams daily
- Men under 50 → 31 to 34 grams daily
- Men 51 and older → 28 grams daily
- Children 1 to 18 → 14 to 31 grams daily

What Makes Cereal Healthy?

- Well balanced
- Rich in fibre
- Meet your daily vitamin and mineral needs

To make a healthy cereal choice it should have:

- 10 grams of added sugar or less
- 5 grams of fibre or more
- Less granola

Breakfast Cereal Consumption

Children, youth and adults who consume breakfast cereal regularly have daily diets that are:

- Higher in carbohydrates, total sugars, dietary fibre and vitamins
- Lower in fat
- Meet the daily recommended vitamin and mineral intakes
- Less in cholesterol
- Better overall
- Healthier

What Makes Cereal Unhealthy?

- 85 out of 100 cereal brands contain “a lot of sugar” and 40% contain “a lot of salt”
- High in sugar, salt and fat
- Some cereals contain large amounts of saturated fats which can cause high cholesterol and heart disease
- Not having enough fibre
- Too little in protein

How to Pick A Healthy Breakfast Cereal?

- Limit your added sugar
- Aim for high fibre
- Look at the ingredients list (the first two or three ingredients make up the most of the cereal)
- Pay attention to portion sizes (it is normally 1 cup but bowl is usually 2)
- Look for whole grains to keep your blood sugar stable

Health Benefits of Picking Healthy Cereal

- Stable blood sugar levels
- Meeting daily vitamin and mineral intakes
- Meeting daily recommended intakes for fibre and protein
- Maximizing nutrition
- Having better diets and nutritional status
- Prevents high cholesterol and heart disease

Health Effects of Eating too Much Unhealthy Cereal

- Higher blood fat levels
- Heart/Cardiovascular Disease
- Type 2 Diabetes
- High cholesterol

Sugar Content

Cereal	Natural Sugar(g)	Added Sugars (g)	Total Sugars (g)
Raisin Bran	6	9	17
Krave	1	14	15
Cinnamon Toast Crunch	12	0	12
Honey Nut Cheerios	12	0	12
Chocolate Cheerios	11	0	11
Harvest Crunch	10	0	10
Fibre One	7	0	7
Corn Flakes	4	0	4
Rice Krispies	4	0	4
Weetabix	0	2	2

Total Sugars Equivalent in Sugar Cubes

Cereal	Total Sugar Equivalent in Sugar Cubes
Raisin Bran	
Krave	
Cinnamon Toast Crunch	
Honey Nut Cheerios	
Chocolate Cheerios	
Harvest Crunch	
Fibre One	
Corn Flakes	
Rice Krispies	
Weetabix	

Fibre Content

Cereal	Fibre (g)
Weetabix	13
Fibre One	13
Raisin Bran	7
Harvest Crunch	4
Chocolate Cheerios	3
Honey Nut Cheerios	3
Cinnamon Toast Crunch	2
Krave	2
Corn Flakes	1
Rice Krispies	0

Protein Content

Cereal	Protein (g)
Harvest Crunch	5
Raisin Bran	5
Weetabix	5
Chocolate Cheerios	4
Fibre One	4
Corn Flakes	3
Honey Nut Cheerios	3
Krave	3
Rice Krispies	3
Cinnamon Toast Crunch	2

Fat Content

Cereal	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)
Harvest Crunch	6	0	8
Krave*	1	0	4.5
Cinnamon Toast Crunch	0.4	0	4
Chocolate Cheerios	0.5	0	2
Fibre One	0.3	0	2
Honey Nut Cheerios	0.4	0	2
Raisin Bran*	0	0	1
Weetabix	0	0	1
Corn Flakes*	0	0	0
Rice Krispies*	0	0	0

* = Has monounsaturated fat and polyunsaturated fat

Results

Sugar

- The cereal with the most added sugars is Krave
- The cereals with the least added sugars are Honey Nut Cheerios, Harvest Crunch, Chocolate Cheerios, Cinnamon Toast Crunch, Fibre One, Corn Flakes and Rice Krispies
- Weetabix has the least amount of total sugars
- Raisin Bran has the most total sugars
- The cereals with the most natural sugar are Cinnamon Toast Crunch and Honey Nut Cheerios
- The cereal with the least natural sugar is Weetabix

Results

Fibre

- The cereals that have the most fibre out of the the ones that I researched are Weetabix and Fibre One
- The cereal that has the least amount of fibre is Rice Krispies
- Fibre One has 51% of your daily fibre intake

Results

Protein

- The cereals with the most protein are Harvest Crunch, Raisin Bran and Weetabix
- The cereal with the least amount of protein is Cinnamon Toast Crunch

Results

Fat

- The cereal with the most saturated fat is Harvest Crunch
- Raisin Bran, Weetabix, Corn Flakes and Rice Krispies have the least saturated fat
- All of the cereals have 0 trans fat in them
- The cereal with the most total fat is Harvest Crunch
- The two cereals with the least fat are Corn Flakes and Rice Krispies

Conclusion

The healthiest cereal out of the ones that I researched is Weetabix. That is because it has the least sugar, most fibre, it is high in protein and low in fat. The cereal that is the most unhealthy is Krave because it is high in sugar and fat and low in fibre and protein. If too much unhealthy cereal is consumed there may be negative health effects. When choosing a healthy cereal it is important to look at the nutrition facts to make sure it is high in fibre and protein and low in sugar and fat. I found that none of the cereals that I have selected have names that could be misleading. In conclusion, when selecting a cereal be sure to look at the nutrition facts to make a healthy choice.

Kellogg's Raisin Bran

Nutrition Facts

Servings Per Container About 7

Serving Size 1 Cup (59 g)

Amount Per Serving	Cereal		with 3/4 cup skim milk	
Calories	190			250
		% Daily Value*		% Daily Value*
Total Fat	1 g	1%	1.5 g	2%
Saturated Fat	0 g	0%	0 g	0%
Trans Fat	0 g		0 g	
Polyunsaturated Fat	0.5 g		0.5 g	
Monounsaturated Fat	0 g		0 g	
Cholesterol	0 mg	0%	<5 mg	1%
Sodium	200 mg	9%	280 mg	12%
Total Carbohydrate	47 g	17%	56 g	20%
Dietary Fiber	7 g	26%	7 g	26%
Total Sugars	17 g		26 g	
Includes 9g Added Sugars	9 g	18%	9 g	18%
Protein	5 g	4%	11 g	16%
Vitamin D	0 mcg	0%	2.2 mcg	10%
Calcium	20 mg	0%	240 mg	15%
Iron	1.8 mg	10%	1.8 mg	10%
Potassium	280 mg	6%	560 mg	10%
Niacin		15%		20%
Phosphorus		10%		25%
Magnesium		15%		20%
Zinc		10%		15%
Selenium		10%		20%
Copper		20%		20%
Manganese		80%		80%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quaker Harvest Crunch

Per 2/3 Cup (45 g)	% Daily Value
Calories 210	
Fat 8g	6%
Saturated Fat 6g	28%
+ Trans 0g	
Cholesterol 0mg	
Sodium 35mg	1%
Carbohydrate 31g	10%
Fibre 4g	15%
Sugars 10g	
Protein 5g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	8 %

General Mills Honey Clusters Fibre One

Nutrition Facts

Serving Size	Per 1 cup (54 g)
Amount Per Serving As Packaged **Calories**	**170**
	% Daily Value
Total Fat 2g	**3%**
Saturated Fat 0.3g	**1%**
Trans Fat 0g	
Cholesterol 0mg	
Sodium 250mg	**11%**
Total Carbohydrate 45g	
Dietary Fiber 13g	**51%**
Sugars 7g	**7%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 150mg	12%
Iron 7mg	39%
Potassium 150mg	3%
Vitamin A 0mcg	0%
Thiamin 0.125mg	10%
Riboflavin 0.05mg	4%
Niacin 2.5mg	16%
Vitamin B6 0.3mg	18%
Phosphorus 150mg	12%
Magnesium 40mg	10%
Zinc 1mg	9%
Folate	15%
Vitamin B12 0mcg	0%

General Mills Honey Nut Cheerios

Serving size: 1 cup (37g)

Amount per serving	
Calories	**140**
	As Packaged

Food component / Nutrient	Amount As Packaged	% DV*** As Packaged
Fat	2g*	3%
Saturated	0.4g	2%
* Trans	0g	—
Carbohydrate	30g	—
Fibre	3g	11%
Sugars	12g	12%
Protein	3g	—
Cholesterol	0mg	—
Sodium	200mg	9%
Potassium	100mg	3%
Calcium	150mg	12%
Iron	5mg	28%
Vitamin A	0µg	0%
Vitamin D	0µg	0%
Niacin	1.75mg	11%
Vitamin B6	0.225mg	13%
Folate	40µg/DFE	10%
Pantothenate	0.6mg	12%
Phosphorus	125mg	10%
Magnesium	40mg	10%
Zinc	0.5mg	5%

* Amount in cereal

** 5% or less is a little, 15% or more is a lot.

*** The % daily value (DV) is a relative amount of the nutrient in a serving compared to an amount recommended to be consumed in the daily diet.

Post Consumer Brands Weetabix

Serving Size	3 Biscuits(53g)
Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrates 42g	**15%**
Dietary Fiber 7g	**24%**
Soluble Fiber 1g	
Insoluble Fiber 5g	
Total Sugars 2g	
Incl. 2g Added Sugars	**4%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 7.2mg	40%
Potassium 200mg	4%
Thiamin	90%
Niacin	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Kellogg's Krave

Nutrition Facts

Servings Per Container About 12

Serving Size 1 Cup (41 g)

Amount Per Serving	Cereal		with 3/4 cup skim milk	
Calories	170			230
		% Daily Value*		% Daily Value*
Total Fat	4.5 g	6%	4.5 g	6%
Saturated Fat	1 g	5%	1 g	5%
Trans Fat	0 g		0 g	
Polyunsaturated Fat	2.5 g		2.5 g	
Monounsaturated Fat	1 g		1 g	
Cholesterol	0 mg	0%	<5 mg	1%
Sodium	140 mg	6%	220 mg	10%
Total Carbohydrate	32 g	12%	41 g	15%
Dietary Fiber	2 g	8%	2 g	8%
Total Sugars	15 g		25 g	
Includes 14g Added Sugars	14 g	28%	14 g	28%
Protein	3 g		9 g	
Vitamin D	1.3 mcg	6%	3.5 mcg	15%
Calcium	10 mg	0%	240 mg	15%
Iron	5.4 mg	30%	5.5 mg	30%
Potassium	110 mg	2%	390 mg	8%
Thiamin		60%		70%
Niacin		15%		20%
Vitamin B6		10%		15%
Folate (20 mcg Folic Acid)	40 mcg	10%	45 mcg	10%
Pantothenic Acid		10%		25%
Zinc		10%		20%

General Mills Chocolate Cheerios

Serving size: 1 cup (38 g)

Amount per serving **Calories**	**150** As Packaged

Food component / Nutrient	Amount As Packaged	% DV*** As Packaged
Fat	2g	3%
Saturated	0.5g	3%
+ Trans	0g	—
Carbohydrate	30g	—
Fibre	3g	11%
Sugars	11g	11%
Protein	4g	—
Cholesterol	0mg	—
Sodium	210mg	9%
Potassium	125mg	3%
Calcium	150mg	12%
Iron	5mg	28%
Vitamin A	0µg	0%
Vitamin D	0µg	0%
Niacin	1.75mg	11%
Vitamin B6	0.225mg	13%
Folate	40µg/DFE	10%
Pantothenate	0.6mg	12%
Phosphorus	125mg	10%
Magnesium	45mg	11%
Zinc 0.5mg	0.5mg	5%

* Amount in cereal.

** 5% or less is a little, 15% or more is a lot.

*** The % daily value (DV) is a relative amount of the nutrient in a serving compared to an amount recommended to be consumed in the daily diet.

General Mills Cinnamon Toast Crunch

Nutrition Facts

Serving Size	1 cup (41 g)
Amount Per Serving As Packaged **Calories**	**170**
	% Daily Value
Total Fat 4g	**5%**
Saturated Fat 0.4g	**2%**
Trans Fat 0g	
Cholesterol 0mg	
Sodium 230mg	**10%**
Total Carbohydrate 33g	
Dietary Fiber 2g	**7%**
Sugars 12g	**12%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 150mg	12%
Iron 5.5mg	31%
Potassium 75mg	2%
Vitamin A 0mcg	0%
Niacin 2mg	12%
Vitamin B6 0.25mg	15%
Pantothenate 0.7mg	14%
Phosphorus 75mg	6%
Magnesium 20mg	5%
Zinc 0.5mg	5%
Folate	10%

Kellogg's Rice Krispies

Nutrition Facts

Servings Per Container About 12

Serving Size 1 1/2 Cup (40 g)

Amount Per Serving	Cereal		with 3/4 cup skim milk	
Calories	150		220	
		% Daily Value*		% Daily Value*
Total Fat	0 g	0%	0 g	0%
Saturated Fat	0 g	0%	0 g	0%
Trans Fat	0 g		0 g	
Polyunsaturated Fat	0 g		0 g	
Monounsaturated Fat	0 g		0 g	
Cholesterol	0 mg	0%	<5 mg	1%
Sodium	200 mg	9%	280 mg	12%
Total Carbohydrate	36 g	13%	45 g	16%
Dietary Fiber	0 g	0%	0 g	0%
Total Sugars	4 g		14 g	
Includes 4g Added Sugars	4 g	8%	4 g	8%
Protein	3 g		9 g	
Vitamin D	3 mcg	15%	5.2 mcg	25%
Calcium	0 mg	0%	220 mg	15%
Iron	11.2 mg	60%	11.2 mg	60%
Potassium	30 mg	0%	320 mg	6%
Thiamin		30%		35%
Riboflavin		30%		50%
Niacin		30%		35%
Vitamin B6		30%		30%
Folate (115 mcg Folic Acid)	200 mcg	50%	205 mcg	50%
Vitamin B12		30%		60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Kellogg's Corn Flakes

Nutrition Facts

Servings Per Container About 29

Serving Size 1 1/2 Cup (42 g)

Amount Per Serving	Cereal		with 3/4 cup skim milk	
Calories	150		210	
		% Daily Value*		% Daily Value*
Total Fat	0 g	0%	0 g	0%
Saturated Fat	0 g	0%	0 g	0%
Trans Fat	0 g		0 g	
Polyunsaturated Fat	0 g		0 g	
Monounsaturated Fat	0 g		0 g	
Cholesterol	0 mg	0%	<5 mg	1%
Sodium	300 mg	13%	380 mg	17%
Total Carbohydrate	36 g	13%	45 g	16%
Dietary Fiber	1 g	5%	1 g	5%
Total Sugars	4 g		14 g	
Includes 4g Added Sugars	4 g	8%	4 g	8%
Protein	3 g		9 g	
Vitamin D	3 mcg	15%	5.2 mcg	25%
Calcium	0 mg	0%	220 mg	15%
Iron	12 mg	60%	12 mg	60%
Potassium	60 mg	0%	340 mg	6%
Thiamin		30%		35%
Riboflavin		30%		50%
Niacin		30%		35%
Vitamin B6		30%		30%
Folate (115 mcg Folic Acid)	200 mcg	50%	205 mcg	50%
Vitamin B12		30%		60%

Resources

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[23]https://www.cheerios.ca/products/chocolate-cheerios

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[27]https://healthline.com/nutrition/are-breakfast-cereals-healthy

[28]https://www.health.harvard.edu/nutrition/the-facts-on-fiber

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[29]https://stvincents.org/about-us/news-press/news-detail?articleId=55502&publicid=395

[30]https://blogs.und.edu/und-today/2024/08/und-in-the-conversation-the-health-effects-of-sugary-breakfast-cereals/#:~:text=High%2Dglycemic%2C%20simple%20carbohydrate%20foods,disease%20and%20type%202%20diabetes.

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Resources

Parents:

Galib and Zahara S.

Sisters:

Aleena and Inaaya S.


Kellogg's
Raisin Bran
HIGH FIBER
HEART HEALTHY


QUAKER
HARVEST CRUNCH
ORIGINAL
475 g


SAME TASTE NEW LOOK!
WHOLE GRAIN FIRST INGREDIENT
FIBRE One Cereal
51% OF YOUR DAILY VALUE OF FIBRE PER SERVING
with Real honey
HONEY CLUSTERS™
475 g


GRAINS ENTIERS PREMIER INGREDIENT
General Mills
Cheerios
au miel et aux noix
430 g


Weetabix
Whole Grain Cereal
2g SUGAR
GOOD SOURCE OF FIBER
HEART HEALTHY
NON GMO Project VERIFIED
NET WT 14 OZ (396g)


Kellogg's
SOURCE OF 8 VITAMINS & MINERALS
MADE WITH WHOLE GRAINS
KRAVE
CRISPY. CRUNCHY. CHOCOLATEY
323 g


GRAINS ENTIERS PREMIER INGREDIENT
- Source de fibres -
FAITES AVEC DU VRAI CACAO
Cheerios
à saveur de Chocolat
LES FIBRES D'AVOINE CONTRIBUENT À ABAISSER LE CHOLESTÉROL*
420 g


WHOLE GRAIN FIRST INGREDIENT
General Mills
Cinnamon Toast Crunch
354 g


Kellogg's
SOURCE OF 7 VITAMINS & MINERALS
SUGAR WISE* 3 g SUGAR
Rice KRISPIES
SNAP! CRACKLE! POP!
Goodness of a simple grain. Tasty. Nutritious.
340 g


Kellogg's
SUGAR WISE* 3g SUGAR
SOURCE OF 6 VITAMINS & MINERALS
CORN FLAKES
The Original Since 1906
340 g