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What is a Calorie?

- calories have three main things that provide energy
- those three things are carbohydrates, proteins and fats
- calories are needed for energy
- the three things that provide energy have calories too
- Carbohydrates have 4 calories per gram
- Fats have 9 calories per gram
- Protein has 4 calories per gram
- Carbohydrates often have a bad reputation
- Although when you eat carbohydrates your digestive tract breaks them into a sugar (glucose).
- glucose is the primary fuel for your brain
- protein is rarely used as an energy source
- carbohydrates and fat is used first as an energy source.
- a food or drink that is considered calorie-dense have a higher number of calories in a serving
- food or drinks that are considered nutrient-dense have a higher number of nutrients
- Key to creating a well-balanced diet is having nutrient-dense foods (food with more nutrients) and not having as many calorie-dense foods (foods with more calories)

website:

<https://www.eatingwell.com/article/8033186/what-are-calories/>

Hilroy

What is Healthy Eating?

December 14, 2024

website:

<https://food-guide.canada.ca/en/>

<https://food-guide.canada.ca/en/healthy-eating-recommendations/>

- Having lots of 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
- Cooking more often
- Using food labels
- Trying to not eat too many highly processed foods

<https://food-guide.canada.ca/en/healthy-food-choices/> → What makes food a healthy choice?

- Eating foods with healthy fats not with saturated fats
- Preparing food that uses ingredients that have little to no extra sodium, sugars or saturated fat.
- Having healthier foods when eating out
- Replacing sugary drinks with water

<https://food-guide.canada.ca/en/tips-for-healthy-eating/use-food-labels-to-make-healthier-choices/> → How to use food labels to make healthy choices?

- we daily value to tell if the food or drink has a little bit or a lot of certain nutrients
- if the food is at the beginning of the list there will be more
- if it is found at the end there is less
- choosing foods ^{products} with less sugar, sodium and saturated fat
- choosing foods with more iron, fibre, calcium and potassium

December 14, 2024

website:

<https://www.healthline.com/nutrition/how-much-sugar-per-day-daily-intakes>

- maximum amount of added sugars for men is 37.5g per day (150 calories, 6 teaspoons) per day
- the maximum for women is 25g per day (100 calories, 6 teaspoons) per day

December 14, 2024

website:

<https://www.eatingwell.com/article/292028/how-many-grams-of-sugar-should-you-eat-per-day/>

- women should stay under 25 grams of sugar
- men under 36 grams of sugar

December 14, 2024

website:

<https://www.nhs.uk/live-well/eat-well/food-types/how-much-sugar-in-our-diet-affect-our-health/> | nhs.uk = National health services UK

Daily intakes:

- Adults should have not more than 30g of sugary foods per day
- Children that are aged 7 to 10 should have not more than 24g of sugary foods per day
- Children that are aged 4 to 6 should have not more than 19g of sugary food a day.

December 21, 2024

website:

<https://www.nhs.uk/live-well/eat-well/food-types/how-does-sugar-in-our-diet-affect-our-health/>

Daily intakes

- 30 grams of sugar is roughly equal to 7 cubes of sugar
- 24 grams of sugar is equal to 6 cubes of sugar
- 19 grams of sugar is equal to 5 cubes of sugar

December 21, 2024

How many grams of sugar in a teaspoon?
website:

<https://healthy.schools.bc.ca/media/resources/asbc-count-the-cubes-activity-gr-4-7.pdf>

- 1 tsp = 4 g
- 4 g = 1 sugar cube
- 1 sugar cube = 1 tsp

December 21, 2024

website:

<https://publications.gc.ca/collections/Collection/H164-38-1-2007E.pdf>

Daily Intakes

- Having a small amount of unsaturated fat - 30 to 45 ml
- 30 to 45 ml of unsaturated fat = 2 to 3 Tbsp
- Choosing soft margarines low in saturated and trans fat

December 23, 2024

website:

<https://www.medicalnewstoday.com/articles/protein-intake>

What is protein?

- Protein is a main part of your skin, muscles, bones and many more
- It is significant in your body
- Protein = nutrient
- Protein is used to create and repair cells.

Why is it important?

- Without protein the body can not function properly
- If you have too much or too little you can have health problems

Daily Intake

Daily intake chart is on the next page

Age and gender	Total Recommended Daily Allowance (RDA) in grams per day
Babies and children	
6-11 months	11 grams
1-3 year	13.0 grams
4-8 years	19.0 grams
Males	
9-13 years	34.0 grams
14-18 years	52.0 grams
19-70 years and older	56.0 grams
Females	
9-13 year	34.0 grams
14-17 years and older	46.0 grams

December 21, 2021
website:

<https://www.healthline.com/health/food-nutrition/how-much-fiber-per-day>
Daily Intake of fiber

- Women under 50: 25 to 28 grams daily
- Men that are under 50: 31 to 34 grams daily
- Women 51 and older: 22 grams daily
- Men 51 and older: 28 grams daily
- Children 1 to 18: 14 to 31 grams of fiber daily
- Children should have more or less depending on their age and gender.

December 30, 2021
website:

<https://www.betterhealth.vic.gov.au/health/healthy-living/cereals-and-wholegrain-foods>
What makes cereals healthy?

- wholegrain cereal is ...
 - an very good source of carbohydrates
 - a big source of protein

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What makes cereal healthy?

- a good source of vitamin B
- a good source of multiple minerals like magnesium, iron, copper, zinc and many more

December 30, 2024

website:

<https://www.houstonmethodist.org/blog/articles/2022/jul/is-cereal-a-healthy-breakfast-choice/>

What makes cereal healthy?

- cereal can be healthy because ...
 - it is well-balanced
 - it is a fiber-rich way to start off your day
 - it helps you meet your daily vitamin and mineral needs
 - it is a convenience
- to make a healthy cereal choice you can ...
 - choose a cereal with 10 grams of added sugar or less
 - flip over the box, but only look at the added sugar not the total sugar
 - the sugar that is not added sugar could be sugar that is from dried fruits in the cereal which makes it natural sugar
 - if it has more than 10 grams of added sugar think of it as a treat
- another way to make a healthy cereal choice is to ...
 - choosing cereal that has 5 grams of fiber or more

December 31, 2024

website:

<https://www.houstonmethodist.org/blog/articles/2022/jul/is-cereal-a-healthy-breakfast-choice/>

continued

- because it comes with four benefits
 - it can prevent a blood sugar spike
 - it will keep you feeling full for longer because it takes longer to digest

- it will cause regular bowel movements
- it will support the microbes in your digestive tract and promote good gut health

• The third way to make cereal a healthy breakfast is to add fruit for antioxidants and an extra fiber boost because...

antioxidants are molecules that help your body off harmful free radicals that are linked to health conditions

- it helps provide more fiber, vitamins and minerals
- it also provides us with antioxidants which are good for your health

• The fourth way to make cereal a healthy breakfast choice is to add some sort of ^{protein} if you are using almond milk or oat milk

- soy milk, cow's milk and protein-fortified plant based milks (milk that has added vitamins) are all a protein source

- other popular types of milk such as almond milk and oat milk aren't a good source of protein

- if you decide to use almond milk or oat milk you will want to eat a side of protein

- you can also skip putting milk in your cereal and eat your cereal with yogurt

harmful free radicals are the serving size of granola in the cereal because...

- granola is typically has more fat and added sugar than normal breakfast cereal

- this can make granola more calorie dense

- some people recommend to put just a sprinkle of granola and not eat a whole bowl like you would with traditional cereals

January 5, 2025
website:

<https://www.healthline.com/nutrition/are-breakfast-cereals-healthy>

What makes cereal healthy?

- if you choose a breakfast cereal with whole grains and little to none added sugar it can help with better blood sugar control

- Even though some cereals are not good for your health they can be a Hydro

good source of ...

• iron

• Folate also known as vitamin B

• if you choose the breakfast cereal with the least total of added sugar you can maximize nutrition

How to select healthier breakfast cereals

• limit your added sugar in cereals

• choose a cereal with 5 grams or less of added sugar per serving size

• try to aim for high fibre

• breakfast cereals that have 3 or more grams of fibre are best

• when you eat more fibre it can have multiple health benefits

• pay attention to portions sizes

• breakfast cereals can be crunchy and tasty, so it can be very easy to eat more than the serving size which can be bad

• read the list of ingredients

• ignore the health claims on the front of the cereal box ...

• read the ingredients list to see if it is actually true

• the first two or three ingredients make up most of the cereal

January 12, 2025

<https://pmc.ncbi.nlm.nih.gov/articles/PMC387512/>

What makes cereals unhealthy?

• The Consumer's Association found out that 85 out of 100 cereal brands contain "a lot of sugar" and 40% contain "a lot of salt" when measured against the Food Standards Agency criteria

• Health conscious eaters who start the day off with Kellogg's All Bran, Quaker Oat Crunchies or Nestlé's Golden Grahams may not know that they are consuming four times as much salt that is found in a 25g bag of roasted peanuts,

• All of these brands contain about 1g of salt per serving size

- that is a third of what is recommended a day for 4-6 year olds, and a fifth of what is suggested for 7-10 year olds
- 9% of cereal brands that were tested also included "a lot of" saturated fat, with 13% containing the even more unhealthy trans fats, which are linked with raised blood cholesterol levels and heart disease
- the worst offenders of children's cereals include Nestlé's Golden Grahams, Cheerios, and Lion Cereal and Kellogg's Honey B's, Rice Krispies and Frosties
- Weetabix's Ready Brek was praised as a better option for kids, and porridge, Nestlé's Shredded Wheat and Quaker Oats Simple (original) got the green light for adults

January 12, 2021

<https://smartlabel.kelloggs.com/Product/Index/00038000199875>

Nutrition facts of Kellogg's Raisin Bran

Serving size 1 cup (59g)

Amount Per Serving	Cereal		with 3/4 cup skim milk	
Calories	190		250	
	% Daily Value*		% Daily Value*	
Total Fat	1g	1%	1.5g	2%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g	-	0g	-
Polyunsaturated Fat	0.5g	-	0.5g	-
Monounsaturated Fat	0g	-	0g	-
Cholesterol	0mg	0%	<5mg	1%
Sodium	200mg	4%	280mg	12%
Total Carbohydrate	47g	17%	56g	20%
Dietary Fiber	7g	26%	7g	26%

Continued ->

Hilroy

Amount Per Serving	Cereal	with 3/4 cup skim milk
	% Daily Value*	% Daily Value*
Total Sugars	17g	26g
Includes 9g Added Sugars	9g 18%	9g 18%
Protein	5g 4%	11g 16%
Vitamin D	0mcg 0%	2.2mcg 10%
Calcium	20mg 0%	240mg 15%
Iron	1.8mg 10%	1.8mg 10%
Potassium	280mg 6%	560mg 10%
Niacin	- 15%	- 20%
Phosphorus	- 10%	- 25%
Magnesium	- 15%	- 20%
Zinc	- 100%	- 15%
Selenium	- 10%	- 20%
Copper	- 20%	- 20%
Manganese	- 80%	- 80%

Sugar = 4th ingredient
 Salt = 7th ingredient

* = % Daily Value (DV) tells you how much a nutrient is a serving of food contributes to a daily diet. 2000 calories a day is generally used as a basis for calculation.

January 12, 2025 website.

<https://www.fastrewards.com/en-ca/brands/quaker/products/quaker-harvest-crunch-original-cereal>

Nutrition Facts for Quaker Harvest Crunch

Per 2/3 Cup (45g)	% Daily Value
Calories 210	-
Fat 8g	6%
Saturated Fat 6g	28%
+ Trans 0g	-
Cholesterol 0mg	-
Sodium 35mg	1%
Carbohydrate 34g	10%
Fibre 4g	15%

continued →

Per 2/3 cup (45 g)	% Daily Value
Sugars 10g	-
Protein 5g	-
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	8%

- % = daily value
- brown sugar = 3rd ingredient
- difference between white and brown sugar is molasses
- will not provide any health benefits

January 12, 2025
website:

<https://www.lifemadedelicious.com/brands/fibre1/cereal/honey-clusters-cereal>
Nutrition Facts for General Mills Fibre One

Serving size: 1 cup (54g)

Amount per serving	170	% Daily Value
as packaged		
Food component / Nutrient	Amount As packaged	% DV* Daily Value As packaged
Total Fat	2g	3%
Saturated Fat	0.3g	1%
Trans Fat	0g	-
Cholesterol	0mg	0%
Sodium	250mg	11%
Total Carbohydrate	45g	-
Dietary Fiber	13g	51%
Total Sugars	7g	7%

Hilroy

Serving size 1 cup (54 g)

Food component/ Nutrient	Amount As packaged	% DV As packaged
Protein	4g	
Vitamin D	0mcg	0%
Calcium	150mcg	12%
Iron	7mg	39%
Potassium	240mg	6%
Vitamin A	-	0%
Vitamin C	-	10%
Thiamin	-	20%
Riboflavin	-	10%
Niacin	-	10%
Vitamin B6	-	20%
Folate	-	20%
Folic Acid	45mcg	-
Vitamin B12	-	20%
Phosphorus	-	15%
Magnesium	-	10%
Zinc	-	20%

Sugar = 3rd ingredient * = the % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories is standard for this website.
 Salt = 9th ingredient

<https://www.cheerios.ca/products/honey-nut-cheerios>
 Nutrition facts for General Mills Honey Nut Cheerios

Serving size 1 cup (37 g)

Food component/Nutrient	Amount as packaged	% DV** * as packaged
Amount per serving	140	
Calories	as packaged	
Fat	2g*	3%
Saturated	0.4g	2%

Per 1 cup (37g)

Food component/ Nutrient	Amount As packaged	% DV*** As packaged
* 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	0mcg	0%
Vitamin D	0mcg	0%
Niacin	1.75mg	11%
Vitamin B6	0.225mg	13%
Folate	40mcg DFE	10%
Pantothenate	0.6mg	12%
Phosphorus	125mg	10%
Magnesium	40mg	10%
Zinc	0.5mg	5%

sugar = 2nd ingredient

salt = 5th ingredient

* = 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.

January 14, 2025

January 14, 2025
website

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4188247/>

What are the benefits of eating breakfast cereal?

people that eat breakfast cereal regularly have

- larger intakes of carbohydrate
- larger intakes of total sugars
- Intakes of fat that are lower
- less cholesterol
- better micronutrient intakes
- greater milk intakes
- a higher likelihood of meeting micronutrient recommended intakes

- Better nutritional status and
- Reduced serum cholesterol concentrations
- Children and youth who consume breakfast cereals regularly have daily diets that are
 - greater in percentage of energy (% E) from carbohydrate, total sugars, dietary fiber, vitamins A and D, thiamin, riboflavin, niacin, pyridoxine, folate, calcium, iron, magnesium and zinc
 - no difference in total energy intake, % E from protein or sodium and
 - less in percentage of energy from fat
- Other discovery from the studies show that children and youth who eat breakfast cereal regularly
 - are more likely to have vitamin and mineral intakes below the recommended daily requirements, especially for calcium
 - have finer diet overall measured by the Healthy Eating Index score
 - have lower daily cholesterol intakes and
 - have greater nutritional status (assessed by blood measures), especially for the vitamins thiamin, riboflavin, and pyridoxine and iron.

January 16, 2025

- Adults who consume breakfast cereals regularly have daily diets that are
 - greater in % E from carbohydrate, total sugars, dietary fiber, vitamins A and D, thiamin, riboflavin, niacin, pyridoxine, folate, calcium, iron, magnesium and zinc
 - no different in total energy intake, sodium, or % E from protein and
 - less in % E from fat
- Other discovery show that adults who consume breakfast cereal regularly
 - are less likely to have vitamin and mineral intakes below the recommended daily requirements, especially for thiamin, riboflavin, niacin, folate, vitamin C, calcium, magnesium, iron, zinc and fiber
 - have finer diets overall measured by the Healthy Eating Index
 - have greater nutritional status (assessed by blood measures) especially

fibrocy

cially for the vitamins thiamin, riboflavin, and folate

• Those eating wholegrain and high-fiber breakfast cereals, compared with those consuming other breakfast cereals, had significantly higher daily intakes of %E from

• protein
• fiber

• niacin
• folate

• calcium and

• zinc

• There are health benefits from including breakfast cereals in a breakfast meal

• A proposed Breakfast Quality Index has the inclusion of breakfast cereals as a key factor to upgrade the overall breakfast meal score

• Discoveries from studies show

RTEC =

Ready to

eat cereal

Ready to

eat cereal

comes in

bars or

in little

containers

%E =

percentage

of energy

• consuming breakfast cereal facilitates greater milk consumption

in children and in adults

• those who eat breakfast cereal regularly have higher whole-grain consumption per day, both in children and in adults

• children, and adults eating RTEC also eat a greater range of different foods at the breakfast meal

• Constantly, the daily diets of breakfast cereal eaters compared to breakfast skippers are

• greater in energy and %E from carbohydrate, dietary fiber and all vitamins and minerals

• less in %E for fat

• The consistent discovery of higher milk intakes in those who consume breakfast cereals is part of the reason that studies have shown higher riboflavin status in those who consume breakfast cereals

In 1 experimental study children aged 5-10y were offered a choice of 1 of 3 high-sugar breakfast cereals with 11-12 grams of sugar per serving or low-sugar cereals with 10-9 grams of total sugars per serving. The experimental study found that

- kids reported greater liking of the high-sugar cereals and ate ^{and} almost twice the amount per eating occasion compared with those served the low-sugar cereals
- children offered low-sugar cereals added more table sugar content (from cereal and added sugar) was almost twice as great as with the high-sugar cereals
- there was zero difference in the amount of milk consumed with the two types of cereals nor the total energy consumed at the breakfast meal
- children in the low-sugar group ^{of cereals} were more likely to put fresh fruit on their breakfast cereal compared with the high-sugar cereals

January 20, 2025
website:

<https://smartlabel.kelloggs.com/Product/Index/00038000499264>
Nutrition Facts for Kellogg's Krave

Nutrition Facts

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	4.5g	6%		4.5g	6%
Saturated Fat	1g	5%		1g	5%
Trans Fat	0g			0g	
Polysaturated Fat	2.5g			2.5g	
Monounsaturated Fat	1g			1g	
Cholesterol	0mg	0%		<5mg	1%

Hilroy

Sodium	140mg	6%	220mg	10%
Total Carbohydrate	32g	12%	41g	15%
Dietary Fiber	2g	8%	2g	8%
Total Sugars	15g		25g	
Includes 14g added Sugars	14g	28%	14g	28%
Protein	3g		9g	
Vitamin D	1.3mcg	6%	3.5mcg	15%
Calcium	10mg	0%	240mg	15%
Iron	5.4mg	30%	5.5mg	30%
Potassium	110mg	2%	340mg	8%
Thiamin		60%		70%
Niacin		15%		20%
Vitamin B6		10%		15%
Folate (20mcg Folic Acid)	40mcg	10%	45mcg	10%
Pantothenic Acid		10%		25%
Zinc		10%		20%

*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.
sugar = and 11g added. both ingredients

January 22, 2025 - January 23, 2025
website:

<https://www.cheerios.ca/products/chocolate-cheerios>
Nutrition Facts for General Mills Chocolate Cheerios

Serving Size: 1 cup (38g)

Amount per serving	150	
Calories	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%
DFE =	Protein	4g	—
Pictary	Cholesterol	0mg	—
Folate	Sodium	210mg	4%
Equivalent	Potassium	125mg	3%
	Calcium	150mg	12%
* =	Iron	5mg	28%
Amount	Vitamin A	0mg	0%
in cereal	Vitamin D	0mg	0%
** =	Niacin	1.75mg	11%
5% or less	Vitamin B6	0.225mg	13%
is a little	Folate	40mg/DFE	100%
15%	Pantothenate	0.6mg	12%
or more is	Phosphorus	125mg	10%
a lot	Magnesium	45mg	11%
Sugar = 2nd	Zinc 0.5mg	0.5mg	5%

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

Salt = 5th ingredient
 January 23, 2025
 website:

<https://www.lifemade delicious.ca/brands/toast-crunch/cinnamon-toast-crunch>
 General Mills — Nutrition Facts for Cinnamon Toast Crunch

Serving size: 1 cup (41 g)

Food Component/ Nutrient	Amount As packaged	% DV** As packaged
Amount per serving	170	
Calories	As packaged	
Total Fat	4g	5%
Saturated Fat	0.4	2%
Trans Fat	0g	—

Hilroy

Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	33g	12%
Dietary Fiber	3g	7%
Total Sugars	12g	12%
Protein	2g	-
Vitamin D	0mcg	20%
Calcium	150mg	12%
Iron	5.5mg	30%
Potassium	75mg	2%
Vitamin A	0mcg	10%
Vitamin C	-	10%
Thiamin	-	20%
Riboflavin	-	10%
Niacin	2mg	12%
Vitamin B6	0.25mg	15%
Folate	-	10%
Folic Acid	45mcg	10%
Vitamin B12	-	20%
Zinc	0.5mg	5%

* Amount in cereal.

** 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.

Sugar = 2nd ingredient

Salt = 8th ingredient

January 23, 2025

website:

sugar= <https://smartlabel.kelloggs.com/Product/Index/00038000200038>

and

Nutrition Facts for Kellogg's Rice Krispies

ingredient

Nutrition Facts

Serving Size $1 \frac{1}{2}$ Cup (40g)

Amount Per Serving

Calories

150

Cereal

with $\frac{3}{4}$ cup skim milk

220

Total Fat

0g

% Daily Value*

0%

% Daily Value*

0g

0%

Saturated Fat

0g

0%

0g

0%

Trans Fat

0g

0g

Polyunsaturated Fat

0g

0g

Monounsaturated Fat

0g

0g

Cholesterol

0mg

0%

<5mg

1%

Sodium

200mg

9%

280mg

12%

Total Carbohydrate

36g

13%

45g

16%

Dietary Fiber

0g

0%

0g

0%

Total Sugars

4g

14g

Includes 4g Added Sugars

4g

8%

4g

8%

Protein

3g

4g

Vitamin D

3mcg

15%

5.2mcg

25%

Calcium

0mg

0%

220mg

15%

Iron

41.2mg

60%

41.2mg

60%

Potassium

30mg

0%

320mg

6%

Thiamin

30%

35%

Riboflavin

30%

50%

Niacin

30%

35%

Vitamin B6

30%

30%

Folate

115mcg Folic Acid

200mcg

50%

205mcg

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.

January 23, 2025
website:

<https://smartlabel.kelloggs.com/Product/Index/038000991400>
Nutrition Facts for Kellogg's Corn Flakes

Nutrition Facts

Serving Size $1\frac{1}{2}$ Cup (42 g)

Amount Per Serving Cereal with $\frac{3}{4}$ cup skim milk

Calories 150 210

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

sugar =
2nd ing-
redient
salt =
4th ingredi-
ent

*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.

January 25, 2025

website:

<https://www.healthline.com/nutrition/are-breakfast-cereals-healthy>

Why should you pick a healthy breakfast cereal?

- it is better for your health
- if a cereal has little to no sugar it helps with better blood sugar control
- Cereals with a lot of sugar can cause a sharp spike in your blood sugar level

January 27, 2025

website:

<https://www.health.harvard.edu/nutrition/the-facts-on-fiber>

Why does your daily fibre intake go down as you get older?

- as people age they often need fewer calories
- eating less cuts down on fibre intake

February 2, 2025

website:

<https://strincentis.org/about-us/news-press/news-detail?articleid=5550&publicid=3955>

How to pick a healthy cereal?

To pick a healthy cereal you should be:

- looking for whole grains to keep blood sugar stable
- watching out for added sugar and how far down it is on the ingredients list
- look at the serving size
 - normally it is one cup but a bowl is usually two
- choose the healthy toppings

February 2, 2025

website:

<https://blogs.und.edu/und-today/2024/08/und-in-the-conversation-the-health-effects-of-sugary-breakfast-cereals/#:~:text=>

High % of glycemic & simple carbohydrate foods, disease and type 2 diabetes

What are the health effects of too much sugary eat?

- higher blood fat levels
- heart disease
- type 2 diabetes
- cardiovascular disease

same

February 2, 2025
website:

<https://www.postconsumerbrands.com/brands/weetabix/products/weetabix-original/>

Nutrition Facts for Post Consumer Brands Weetabix

Serving Size 3 Biscuits (53 g)
 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 Fibre	7g	24%
Soluble Fibre	1g	
Insoluble Fiber	5g	
Total Sugars	2g	
Incl. 2g Added Sugars		4%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	7.2mg	10%
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