

Great Grains

Did you know?

Most cereal....

- ▶ Provides at least 25% of the Recommended Dietary Intakes for most **Vitamins and Minerals**
 - ❖ People who eat cereal everyday are more apt to reach their Recommended Dietary Intakes for most nutrients daily

- ▶ Is a good source of **Fiber**
 - ❖ Fiber helps the digestive track stay healthy, keeps you feeling full longer and helps to remove cholesterol from the body

- ▶ Provides Carbohydrates
 - ❖ Carbohydrates give you the **Energy** you need to get through the day

If that wasn't enough alone...

Studies have shown that people who eat cereal on a regular basis have a smaller percentage of body fat and smaller Body Mass Index than those who do not. Eating cereal can also reduce your risk for developing heart disease later in life.

And guess what?

You can eat it anytime of day!

Add milk for a meal

OR

Eat it dry for a healthy, crunchy snack

**To get the most of your cereal
choose one that has:**

- ✓ Whole Grain
- ✓ At least 3 grams of fiber per serving
- ✓ Less than 15 grams of sugar per serving

Oswego
Dining



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STEPS TO A HEALTHIER YOU