

Checklist for Healthy Breakfast Cereals, Granola Bars and Cereal Bars:

When choosing any of these products it's important to look at the foods labels to see how they measure up! Cereal, granola bars and cereals bars can all be great snack foods. They supply the body with an excellent source of carbohydrates, which can help to maintain our blood sugar levels throughout the day.

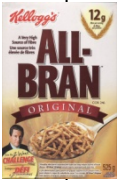
Cereal Checklist per serving (30 grams)

- No more than 4 grams of fat
- No more than 8 grams of sugar
- At least 4 grams of fibre
- If the product has more fibre and slightly more sugar it would still be a healthy choice



Examples of high fibre cereals

- General Mills Fibre One
- PC Blue Menu Fibre First
- Kellogg's All Bran Buds
- Nature's Path Optimum
- Kashi GoLean



Granola & Cereal bar checklist

- At least 2 grams of fibre
- Zero grams of Trans fats
- No more than 3 g fat per 100 calories
- No more than 1.5 grams of saturated fats
- No more than 10 grams of sugar



Examples of Granola bars that meet the checklist

- Compliments Chewy Apple Berry
- Nature's Path FlaxPlus
- Nature's Path Apricot'n Nut
- Nature Valley Apple Crisp
- Kashi Cereal bar

Adapted from www.LeslieBeck.com
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