

Choosing a Healthy Cereal

Looking for cereal



Look on the label for the term **made with 100% whole grain**

Cold



Check the ingredient list
The first item on the ingredient list should read **whole grain**
(such as whole grain wheat or whole grain oats)

Hot



Look for products that have only whole grains such as whole grain oats, wheat or rice

Check the nutrition facts table



Check the serving size.
All of the numbers listed are based on this serving size



Choose cereal that has **5% or less** daily value of sodium



Choose cereal that has **15% or more** daily value of fibre

Disclaimer: These tips are for information only. They do not replace advice from your doctor.

Nutrition Facts Valeur nutritive

Serving Size Per 2 Biscuits / par 2 biscuits (47g)		
Amount Teneur		% Daily Value %valeur quotidienne
Calories / Calories	170	
Fat / Lipides	1g	2%
Saturated / saturés	0.2g	1%
+ Trans / trans	0g	
Cholesterol / Cholestérol	0mg	0%
Sodium / Sodium	0mg	0%
Carbohydrate / Glucides	13g	10%
Fibre / Fibres	6g	24%
Sugars / Sucres	0g	0%
Protein / Protéines	5g	
Vitamin D / Vitamine D		0%
Calcium / Calcium		2%
Iron / Fer	2mg	10%
Potassium / Potassium	190mg	5%



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.