

Week Six:**Nutrition Strategy: Add in Cereal & Become Label Savvy****Guidelines for Choosing Cereals**

- The first ingredient must be a whole grain like oats, corn, rice, wheat, etc. Look at your whole grain handout from last week to determine appropriate names for whole grain.
- There should be at least 3 grams of fiber and no more than 5 grams of sugar. If the cereal contains more than 5 grams of fiber, there's no sugar limit.

Go to

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Reading-Food-Nutrition-Labels_UCM_300132_Article.jsp to learn more about reading food labels.