

Buying Breakfast Cereals and Granola Bars

Breakfast Cereals



- Choose cereals that have whole grains as the first ingredient.
- Read the label and note serving size.

Nutrition Facts

Per serving size on label

Amount	% Daily Value
Calories	
Fat	
Saturated Fat	2 grams or less
+ Trans Fat	
Cholesterol	
Sodium	less than 480 mg
Carbohydrate	
Fibre	2 grams or more
Sugars	5 grams or less 15 grams or less if it contains dried fruit
Vitamin A	Vitamin C
Calcium	Iron
Vitamin D	

Note: Values are before milk is added.

Granola Bars



- Choose granola bars that are not coated and do not contain candy-like ingredients.
- Read the label.

Nutrition Facts

Per bar

Amount	% Daily Value
Calories	
Fat	
Saturated Fat	2 grams or less
+ Trans Fat	
Cholesterol	
Sodium	less than 480 mg
Carbohydrate	
Fibre	2 grams or more
Sugars	12 grams or less
Vitamin A	Vitamin C
Calcium	Iron
Vitamin D	