

# CHOOSING BREAKFAST CEREALS

Remember to eat breakfast every day. A healthy breakfast provides you with energy and nutrients to start the day, and helps you learn better at school.

Cereals are a great choice for breakfast. The breakfast cereal aisle at the supermarket is tricky – there are so many cereals to choose from! So here are a few tips to help you and your family make good decisions when buying breakfast cereals.

**What to look for on the label of a breakfast cereal:**

Nutrition Information Example – Breakfast cereal		
	Per serving (30g)	Per 100g
Energy	444 kJ	1480 kJ
Protein	3.6 g	12 g
Fat	0.4 g	1.3 g
Carbohydrate		
Total	20 g	67 g
Sugars	0.8 g	2.8 g
Dietary fibre	3.3 g	11 g
Sodium	84 mg	280 mg

Refer to the per 100g column

Less than **15g** sugar (or if it contains dried fruit then up to 20g)

More than **6g** fibre

Less than **400mg** sodium

These cereals are great choices: Porridge, Pam’s Wheat Biscuits, Sanitarium Weetbix, Sanitarium Weetbix Fruity, Sanitarium Weeties, Sanitarium Puffed Wheat, and Kellogg’s Mini Wheats.

Beware of cereal candy. Cereals such as Froot Loops, Coco Snaps and Frosties are nearly half sugar with more than 40g of sugar per 100g of cereal – that’s over 3 teaspoons of sugar in a small (30g) serving! It is useful to check the ingredients list; if sugar is listed in the first couple of ingredients then its best not to buy it.

## Hints for swapping to a healthier cereal

- Make cereals interesting by adding a variety of fruit and yoghurt
- ½ and ½ - in a container mix half a healthy choice with your current cereal, each week add more of the healthy choice
- Make small changes each week – swap from Froot Loops (42g sugar), to Weetbix Crunch (29g sugar), to Mini Wheats Golden Honey (12.6g sugar)

## Try making your own muesli – that way you’ll know exactly what is in it!

- Melt in the microwave: ½ cup brown sugar, ¼ cup oil, and ½ cup water
- Mix with 1 kg wholegrain oats, 2 tsp vanilla essence and 1 tsp cinnamon
- Put mixture into a roasting dish and roast in the oven at 150°C for ½ hour – stir and then leave in the oven with the door closed until cold
- Add your choice of dried fruit and seeds, or eat plain with trim milk and fresh fruit

## Healthy Nibbles

Nutrition and Physical Activity Information for Adolescents  
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 For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

## Canterbury

District Health Board  
 Te Poari Hauora o Waitaha