

How to choose a breakfast cereal



- Look at the ingredient list. Aim for key words like whole grain, whole barley, whole oats, etc. The first words listed are the ingredients in the highest quantity in the cereal.
- Look at the Nutrition Facts table. The best choice for a cereal will be lower in sugar and higher in fibre per serving. If looking for more protein, choose 7 g per serving or more.
- Avoid nutrition claims on the front of the box because these are not regulated.

Nutrition Facts	
Per ¾ cup (30g)	
Amount Per Serving	
Calories 160	
% Daily Values*	
Total Fat 2.5 g	4%
Saturated Fat 1.5 g	8%
Trans Fat 0g	
Cholesterol 10 mg	
Sodium 75 mg	3%
Total Carbohydrate 25 g	8%
Dietary Fibre 0 g	0%
Sugars 24 g	
Protein 8 g	
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 0%

Look for less than 3 g of fat per serving.

Choose 360 mg of sodium or less than 15% Daily Value per serving.

Choose 4 g of fibre or more per serving.

Aim for less than 8 - 10 g of sugar per serving.

Milk and non-dairy alternatives

There are many different options when it comes to milk and non-dairy alternatives.

Cow's milk contains a good source of protein, calcium and vitamin D. Choose lower fat options like skim or 1%.

When choosing non-dairy beverages make sure to look for original or plain, which are lower in sugar.

Soy milk is most nutritionally similar to cow's milk. It is a good source of protein. Choose a soy milk that is fortified with calcium and vitamin D.

Almond milk and rice milk are both lower in calories and protein than cow's milk. Choose one that is fortified with calcium and vitamin D.

How to make granola

Simply Granola

Ingredients

- 2 cups oatmeal
- 1 cup almonds
- ½ cup sunflower seeds
- ¼ cup crushed flax seed
- 1 tsp cinnamon
- ½ tsp ground ginger
- ½ tsp vanilla extract
- ¼ cup maple syrup
- 2 tbsp olive oil

Directions: Preheat oven to 350 F. Combine oatmeal, almonds, sunflower seeds, flax seeds, cinnamon, ginger and vanilla extract in a large bowl. Stir in maple syrup and oil in a separate dish. Add oatmeal to mixture and stir well. Add granola to a greased baking pan. Place in oven for 10 minutes, stir and cook for another 10 minutes. Granola should be golden and mostly dry. Store in an air-tight container for two weeks.

- From the Simple Dietitian Blog



Homemade Granola

Ingredients

- 4 cups oats
- 1 cup high fibre bud cereal
- 1 cup flaked sweetened coconut
- 2 cups sliced almonds
- 1 cup raisins
- ½ cup canola oil
- ½ cup maple syrup

Directions: Preheat oven to 350 F. Toss all the ingredients in a large bowl and mix well. Place mixture on a greased baking sheet and bake 20-30 minutes or until golden brown. Stir the mixture occasionally.