



Cereal, All Varieties

MyPlate Food Group: **Grains**



Nutrition Information

- 1 cup of ready-to-eat cereal flakes or rounds, and 1 1/4 cups of cereal puffs, can be considered as 1 ounce-equivalent from the Grains group.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins. Examples of refined grain products are white flour, white bread, and white rice.
- Most refined grains are enriched. This means certain B vitamins (thiamine, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about each variety of cereal, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Try using crushed cereal in place of breadcrumbs as breading for baked chicken, fish, vegetables, and in many other recipes.
- Cold cereals are great to eat from a bowl with low fat milk, but they can be used in recipes, too. Check out the recipes on the back for ideas.

Storing Foods at Home

- Store unopened boxes of cereal in a cool, clean, dry place.
- After opening cereal, keep inside bag tightly closed.

MyPlate Facts

- Try to make at least 1/2 of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamine, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

**USDA
Foods****Other ideas for using cereal in recipes:**

- Crush cereals and use in place of breadcrumbs in foods like fish cakes, meatballs, or black bean burgers.
- Layer yogurt, fruit, and cereal to create a quick and healthy parfait.
- Mix cereal, nuts, and dried fruit together for an easy snack.
- Crush cereal and mix with savory herbs and spices like chili powder, oregano, and black pepper to create a crunchy topping to use on casseroles, roasted vegetables, or macaroni and cheese.
- Crush cereal and mix with baking spices like cinnamon and nutmeg to create a crunchy topping for baked goods like muffins and quick breads.
- No graham crackers for a pie crust? Use crushed cereal mixed with a small amount of sugar or other sweetener in its place!