

# HEALTHY EATING

## Cereals Offer Healthy Breakfast Options

(NAPSA)—Letting kids make their own meal choices may have a number of hidden benefits. For example, many of their favorite cereals are not only fun but also nutritious options for breakfast.

Most cereals provide at least 10 key nutrients and deliver less than 5 percent of a child's daily calorie intake. Additionally, studies show that children who frequently eat cereal consume less fat.

"Studies show that cereal eaters, both adults and children, have healthier body weights," says nutrition consultant Elizabeth Ward, MS, RD and author of "The Complete Idiot's Guide to Feeding Your Baby & Toddler." "With an average of 100 to 130 calories per serving, cereal is one of the most nutritious breakfast options for children. A breakfast including cereals such as Kix, Lucky Charms or Cinnamon Toast Crunch can provide nutrients to help kids start the day right."

And at approximately 45 cents a serving, cereal is a good option for families watching their grocery costs. When considering the right breakfast for kids, parents are encouraged to head to the cereal aisle and read the nutrition labels.

To make the best cereal choices, Ward offers these tips:

- Look for the words "whole grain" near the top of the ingredients list. All cereals with the whole grain "check mark" on the front of the package have at least eight grams per serving. One bowl



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and you're on your way to getting the 48 grams recommended daily.

- Select a cereal that offers a good source of both calcium and vitamin D, which contribute to bone health. The American Academy of Pediatrics recently doubled their recommendation for the amount of vitamin D children should get to 400 IU a day, making it even more important to incorporate foods that are a good source of this vitamin into children's diets.

- Serve cereal with a ½ cup of skim milk, which will offer added calcium but only about 40 more calories.

For more tips and surprising facts on cereal nutrition, visit [www.GrowUpStrong.com](http://www.GrowUpStrong.com).