# How to Choose a Healthy Breakfast Cereal

Check the Nutrition Facts Table for:

- ✓ > 4 grams fibre per serving
- ✓ < 8 grams sugar per serving

## Examples of Healthy Breakfast Cereals:

- All Bran Original
- All Bran Buds
- All Bran Flakes
- All Bran Multigrain Crunch
- Alpen Muesli – No Sugar Added
- Kashi Go Lean
- President's Choice Blue Menu Fibre First
- President's Choice Blue Menu Bran Flakes
- President's Choice Blue Menu Protein Cereal
- President's Choice Blue Menu Quinoa and Wheat Flakes
- President's Choice Blue Menu Instant Steel Cut Oats – Regular
- Rogers Healthy Grains Porridge Oats
- Post Shreddies (has 9 g sugar)
- Post 100% Bran
- Post Shredded Wheat
- Shredded Wheat Original – Spoon Size
- Shredded Wheat & Bran – Spoon Size
- Quaker Oats Oat Bran Cold Cereal
- Quaker Oatmeal Squares
- Quaker Muffets
- Quaker Shredded Wheat
- Quaker 100% Steel Cut Oats
- Weetabix
- Weetabix Grain Shop
- Fibre One Crunchy Original
- Fibre One Honey Clusters
- Nature's Path Qi'a Super Flakes
- Nature's Path Organic Flax Plus Multi-Bran Flakes

**Quick & Easy Oatmeal:**

- ½ cup quick cooking oats
- 1 Tbsp ground flax
- 1 cup boiling water

**FLAVOUR TIP:** try adding cinnamon, vanilla extract and/or fruit to top off your oatmeal! You can also add milk to make it creamier!

Add ingredients to cereal bowl and stir well. Place plate over cereal bowl and allow to sit for two minutes. Remove plate. Oatmeal is ready to go!

*Nutrition information per serving: 5.5 g fibre, <1 g sugar*