All about Cereal

Potential Benefits:
→ Improved mood
→ Weight control
→ Lower cholesterol
→ Reduced risk of heart disease
→ Reduced risk of some cancers

What to look for:
→ The words “100 % Whole Grain.”
→ Fiber Content-The higher, the better.
→ Added Sugar -Keep it low.
→ Lower Sodium

Other ways to use cereal:
• Muffins
• Meat loaves
• Fruit crisps
• Toppings for casseroles
• Meat balls
• Topping for yogurt, frozen yogurt or pudding
Yogurt Parfait

Granola is not just for breakfast anymore! Use the recipe below for a sweet treat any time of the day.

**Ingredients:**

- 1/8 cup fresh fruit (such as berries, sliced peaches, etc.)
- 1/8 cup low-fat or regular yogurt (flavor of your choice)
- 1/8 cup low-fat granola

**Preparation:**

Layer the different ingredients in a parfait glass and repeat layers.

**Yield:** 1 parfait

**Nutritional Information:**

Per parfait: 160 calories, 5 g protein, 32 g carbohydrate, 2.5 g fat (0.4 g saturated fat), 3 mg cholesterol, 2.6 g fiber, 96 mg calcium, 80 mg sodium. Calories from fat: 12%.