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| **Nutrients** | **High** | **Low** |
| Calories | Generally unhealthy. However high calorie count in cereals may also be due to presence of dry fruits etc. which make them a healthy option. Generally a consequence of high sugar,fat | Considered healthy.  Typically include high fiber, organic cereal. |
| Protein | A |  |
| Fat | few cereals come with high fat. Cereals with high fat generally contain honey, almonds and other dry fruits. High fat almost always means high calories. | Higher the fat, higher the calories. May contain honey,cocoa, almond etc. |
| Na |  |  |
| Fiber | High fiber cereals are more filling, good for digestive system and heart. High fiber cereals= cereals for slimming, organic |  |
| Carbs |  |  |
| Sugar |  |  |
| k |  |  |