

# Cereal Breakfast Foods.

с.п - Хлебные злаки и завтрак • Зерновые завтраки



Description: -

-Cereal Breakfast Foods.

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## Breakfast Cereals: Healthy or Unhealthy?

Breakfast cereals are highly processed, often packed with added sugar and refined carbs. Ваш адрес электронной почты будет использоваться для отправки полезных статей о здоровье, а также сообщений о продуктах, услугах, распродажах и специальных предложениях iHerb.

## Хлебные злаки и завтрак • Зерновые завтраки

Studies show that some children prefer the taste of foods that have popular cartoon characters on the packaging ,. The first two or three ingredients are most important, as they comprise the majority of the cereal.

## Cereal & Breakfast Foods

These same products often have misleading health claims as well. Aim for high fiber Breakfast cereals that pack at least 3 grams of per serving are optimal.

## Cereal & Breakfast Foods

If you eat cereal, read the ingredients list and approach health claims with skepticism. In fact, most cereals list sugar as the second or third ingredient. Food manufacturers specifically target children.

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