

Cereal Breakfast Foods.

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Cereal & Breakfast Foods

Exposure to food marketing is even considered a risk factor for childhood and other diet-related diseases.

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It is highly processed, with many ingredients added.

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If you choose to eat cereal for breakfast, here are some tips to help you select a healthier option. Starting the day with a high-sugar breakfast cereal will spike your blood sugar and levels. .

Breakfast Cereals: Healthy or Unhealthy?

Read the food label to find out the product contains. SUMMARY Breakfast cereals often have misleading health claims printed on the box — yet are filled with sugar and refined grains. Pay attention to portion sizes, and always read the ingredients list.

Breakfast Cereals: Healthy or Unhealthy?

Next, the cereal is dried.

Breakfast Cereals: Healthy or Unhealthy?

SUMMARY Breakfast cereal is made from refined grains, often by a process called extrusion.

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Breakfast cereals may also be puffed, flaked, or shredded — or coated in chocolate or frosting before it is dried.

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