

ARE YOUR CEREALS HEALTHY?

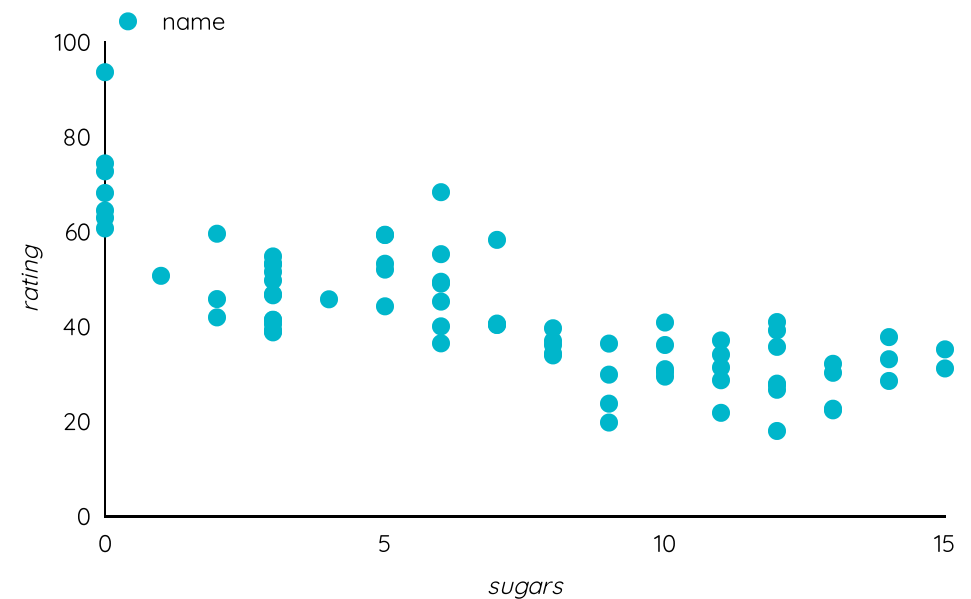
Every day millions and millions of cereals are consumed by kids, teenagers and adults being one of the preferred options for breakfast, but do we know what they contain? Are our cereals the best in terms of calories or sugars?

	cereal brand	calories ▾
1.	Mueslix Crispy Blend	160
2.	Muesli Raisins; Peaches; & Pecans	150
3.	Muesli Raisins; Dates; & Almonds	150
4.	Total Raisin Bran	140
5.	Nutri-Grain Almond-Raisin	140

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The brands containing a high content in nuts and muesli have a good amount of calories. The most caloric reaches up to 160.

Those cereals with a higher rating contain less sugars than those with higher levels of this ingredient. We should take into account that a high consumption of sugar at the beginning of the day will make us feel weak after few hours making our body seeking for more sugar.



Source: <https://bit.ly/35OKVt3>