

# Cereals & Nutrition

What to look for in a cereal?

Source of reference:

<https://blog.myfitnesspal.com/can-cereal-be-healthy/>

## 1. Does it have enough Protein?

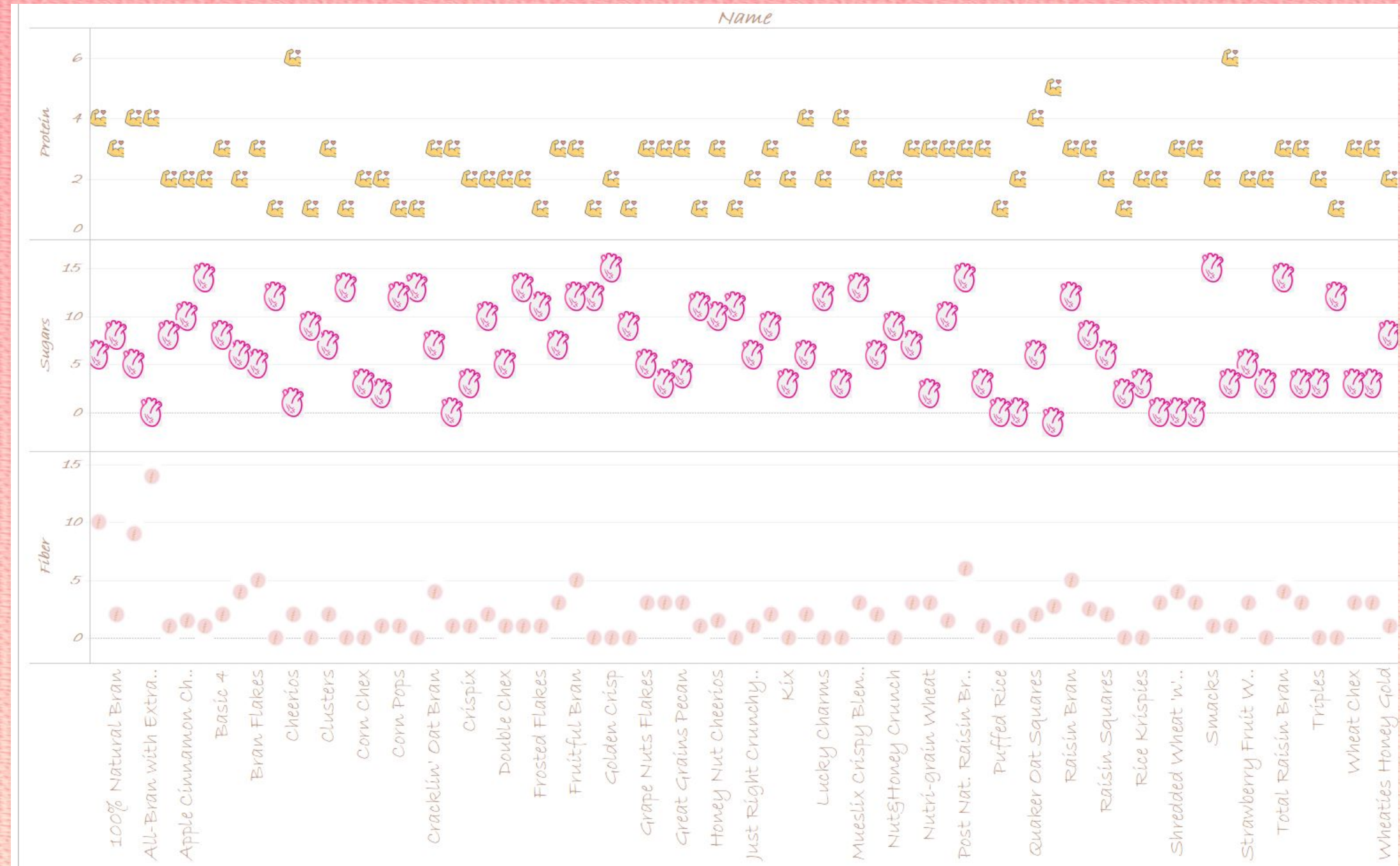
For breakfast cereals, it's best to look for protein content around 4-5 grams per serving or more.

## 2. Does it have less Sugar?

Eliminating sugar is actually unnecessary, but it can be helpful to keep added sugar low and around the recommended daily limit (6 teaspoons, or 25 grams) or less.

## 3. Is it a good source of fiber?

When reading nutrition labels for fiber content, aim for at least 4-5 grams per serving or more (just like protein, so it's easy to remember).



Source of dataset: Instructor, Rituparna Jawahar, PES University