

Supermarket Stakeout

Tips for Buying Breads & Cereals

Choosing whole grain breads and cereals is a great way to increase your fiber intake. Foods that are good sources of fiber have at least 2.5 grams of dietary fiber per serving - just check the food label.

Bread

For "whole grain" goodness, choose breads that list one of the following as a first ingredient:

- whole-wheat flour
- 100% whole-wheat flour
- stone-ground whole-wheat flour
- cracked wheat
- oatmeal

The types of flour listed below are very low in fiber:

- white flour
- wheat flour
- enriched flour
- enriched wheat flour
- unbleached flour

Quick Choice Guide FOR BREAD

- no more than 3 grams fat per serving
- no more than 1 gram saturated fat per serving
- at least 2.5 grams fiber per serving

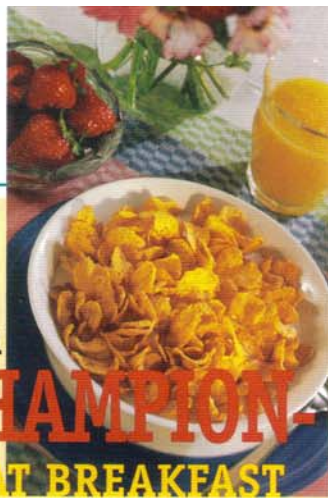
Quick Choice Guide FOR CEREAL

- no more than 3 grams of fat per serving
- no more than 1 gram saturated fat per serving
- at least 2.5 grams fiber per serving



bagels

Beware of big bagels. Some bagels can weigh 6 or 7 ounces - that's 480 to 560 calories or 6 to 7 Bread servings.



Be a CHAMPION- EAT BREAKFAST

Did you know that some studies show eating breakfast almost every day is one of the key habits linked to better health? In fact, skipping meals (especially breakfast) can make managing your weight more difficult. Breakfast skippers tend to eat more high-calorie foods at later meals and nibble on high calorie snacks to curb hunger.

Check out the benefits to eating a nutritious breakfast:

- Improved physical and mental performance.
- Higher productivity during the late morning hours.
- Students are more alert and perform better in school.
- Eating breakfast is a great way to increase your intake of important vitamins and minerals, and fiber.

No time for breakfast?

A healthy breakfast doesn't have to be time consuming. Quick, energy boosting breakfasts can be as simple as:

- cold cereal with fruit and low fat milk
- whole grain toast with peanut butter and a glass of orange juice
- yogurt mixed with low fat granola and fruit
- whole grain frozen waffles topped with warmed apple sauce, raisins and cinnamon