

# Compare these breakfast cereals. Which would you choose as the best for your health? Defend your answer with at least 5 pieces of evidence.

**LASTING ENERGY FROM 100% WHOLE GRAIN OATS**

**GOOD SOURCE OF FIBER**

**NO PRESERVATIVES\*\***

**NO ARTIFICIAL FLAVORS\*\***

**30 servings per container**  
**Serving size 1/2 cup dry (40g)**

**Nutrition Facts**

Amount per serving  
**Calories 150**

% Daily Value\*

**Total Fat** 3g 4%  
 Saturated Fat 0.5g 3%  
 Trans Fat 0g  
 Polyunsaturated Fat 1g  
 Monounsaturated Fat 1g

**Cholesterol** 0mg 0%  
**Sodium** 0mg 0%  
**Total Carbohydrate** 27g 10%  
 Dietary Fiber 4g 13%  
 Soluble Fiber 2g  
**Total Sugars** 1g  
 Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0% • Calcium 20mg 0%  
 Iron 1.5mg 8% • Potassium 150mg 2%  
 Thiamin 0.2mg 15% • Phosphorus 130mg 10%  
 Magnesium 40mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Whole grain rolled oats.

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 THE QUAKER OATS COMPANY, P.O. BOX 049003  
 CHICAGO, IL 60604-9003 U.S.A.

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**Multi-Grain Cheerios**

**Nutrition Facts**

About 6 servings per container  
**Serving size 1 1/3 cup (39g)**

	Multi-Grain Cheerios	with 1/2 cup skim milk
<b>Calories</b>	<b>150</b>	<b>190</b>
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>3%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 150mg	<b>6%</b>	<b>9%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>	<b>14%</b>
Dietary Fiber 3g	<b>10%</b>	<b>10%</b>
Total Sugars 8g		
Incl. Added Sugars 8g	<b>16%</b>	<b>16%</b>
<b>Protein</b> 3g		
Vitamin D 2mcg	10%	15%
Calcium 200mg	15%	25%
Iron 18mg	100%	100%
Potassium 180mg	4%	8%
Vitamin A	10%	15%
Vitamin C	10%	10%
Thiamin	100%	100%
Riboflavin	100%	120%
Niacin	100%	100%
Vitamin B <sub>6</sub>	100%	100%
Folate (235mcg folic acid)	100%	100%
Vitamin B <sub>12</sub>	100%	120%
Pantothenic Acid	100%	100%
Phosphorus	8%	15%
Magnesium	8%	10%
Zinc	100%	100%

\* Amount in cereal. A serving of cereal plus skim milk provides:  
 2g Total Fat (0.5g Saturated Fat), less than 5mg Cholesterol,  
 200mg Sodium, 38g Total Carbohydrate (14g Total Sugars),  
 7g Protein, 3mcg Vitamin D, 350mg Calcium, 380mg Potassium.

**Grain Berry**

**MULTI-BRAN FLAKES**

with **ONYX Sorghum**  
 Whole Wheat Cereal

**SERVING SIZE INCREASED THUS NUTRITION VALUES GREATER**

**Nutrition Facts**

9 servings per container  
**Serving size 1 1/4 cup (40g)**

Amount per serving  
**Calories 140**

% Daily Value\*

**Total Fat** 1g\* 2%  
 Saturated Fat 0g 0%  
 Trans Fat 0g  
 Polyunsaturated Fat 0.5g  
 Monounsaturated Fat 0g

**Cholesterol** 0mg 0%  
**Sodium** 140mg 6%  
**Total Carbohydrate** 33g 12%  
 Dietary Fiber 6g 20%  
 Total Sugars 7g  
 Includes 5g Added Sugars 10%

**Protein** 4g

Vitamin D 1.3mcg 6%  
 Calcium 0mg 0%  
 Iron 2.4mg 15%  
 Potassium 220mg 4%  
 Vitamin A 500mcg RAE 60%  
 Vitamin C 8mg 8%  
 Vitamin E 10mg 70%  
 Thiamin 0.2mg 15%  
 Riboflavin 0.2mg 15%  
 Niacin 6.7mg 40%  
 Vitamin B<sub>6</sub> 2.7mg 160%  
 Folate 905mcg DFE (535mcg Folic Acid) 230%  
 Vitamin B<sub>12</sub> 2.4mcg 80%  
 Zinc 7.5mg 60%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Corn Chex**

**Nutrition Facts**

About 8 servings per container  
**Serving size 1 1/4 cup (39g)**

	Corn Chex	with 1/2 cup skim milk
<b>Calories</b>	<b>150</b>	<b>190</b>
<b>Total Fat</b> 1g*	<b>1%</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 280mg	<b>12%</b>	<b>14%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>	<b>14%</b>
Dietary Fiber 2g	<b>7%</b>	<b>7%</b>
Total Sugars 4g		
Incl. Added Sugars 4g	<b>7%</b>	<b>7%</b>
<b>Protein</b> 3g		
Vitamin D 2mcg	10%	15%
Calcium 130mg	10%	20%
Iron 10.8mg	60%	60%
Potassium 0mg	0%	6%
Vitamin A	10%	15%
Vitamin C	10%	10%
Thiamin	20%	20%
Riboflavin	10%	25%
Niacin	10%	10%
Vitamin B <sub>6</sub>	20%	20%
Folate (45mcg folic acid)	20%	20%
Vitamin B <sub>12</sub>	20%	40%
Phosphorus	4%	15%
Magnesium	4%	8%
Zinc	20%	20%

\* Amount in cereal. A serving of cereal plus skim milk provides:  
 1g Total Fat, less than 5mg Cholesterol, 330mg Sodium, 33g Total Carbohydrate (10g Total Sugars), 7g Protein, 3mcg Vitamin D, 280mg Calcium, 270mg Potassium.

\*\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Baking Soda, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin B<sub>6</sub>

- **SOLUTION:** Note the serving sizes in grams. They are quite similar, so that allows a fair comparison. Why should similar serving sizes be considered?
- There may not be a clear winner here, but here are some points that could be argued. Furthermore, do some research, time permitting.

1. Oatmeal has the most protein (5 g).

2. Though you can't see all of the ingredients, oatmeal has the fewest ingredients, so the nutrients are all from rolled oats instead of being added artificially. Consider this: are synthetic vitamins different from those found naturally in the food? Research this and discuss. Would this be a factor in your choosing a healthier food—ingredients produced in a lab versus those found naturally in the food?

3. Oatmeal has the least “Total Sugars” and no added sugars. Look at the % Daily Values. Are sugars bad? Explore.



4. Multi-Grain Cheerios are the best choice for vitamins and minerals. Look at an actual cereal box to see which V & M are added and which occur naturally in the foodstuff. Does the origin of the V or M, natural or added, matter?

5. Generally, reducing sodium in one's diet is good for one's health. Sodium is added to so many foods for taste, and many people ingest too much. Oatmeal has the least sodium, Corn Chex has the most.

6. Although you can't see it on the label, sorry, I had to balance between readability and size of the label when I created the slide, the Corn Chex box states that it "Contains Bioengineered Food Ingredients." What does that mean, and is it good or bad or neutral? Explain why you think so. The oatmeal says it's "NON GMO certified." What does that mean? Good? Bad? Neutral on that?

7. The Corn Chex box states that Corn Chex are gluten free. What does that mean, and does that contribute to the health of the cereal?