

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**

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

Amount per serving		% Daily Value*
Calories	150	
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.

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

© 2019 The Quaker Oats Company

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
Calories	150	190
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 150mg	6%	9%
Total Carbohydrate 32g	12%	14%
Dietary Fiber 3g	10%	10%
Total Sugars 8g		
Incl. Added Sugars 8g	16%	16%
Protein 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 ₆	100%	100%
Folate (235mcg folic acid)	100%	100%
Vitamin B ₁₂	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		% Daily Value*
Calories	140	
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 ₆ 2.7mg		160%
Folate 905mcg DFE (535mcg Folic Acid)		230%
Vitamin B ₁₂ 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
Calories	150	190
Total Fat 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 280mg	12%	14%
Total Carbohydrate 33g	12%	14%
Dietary Fiber 2g	7%	7%
Total Sugars 4g		
Incl. Added Sugars 4g	7%	7%
Protein 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 ₆	20%	20%
Folate (45mcg folic acid)	20%	20%
Vitamin B ₁₂	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, 38g 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 B₆

- **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?