

# Station 4

## Cereal Slayer

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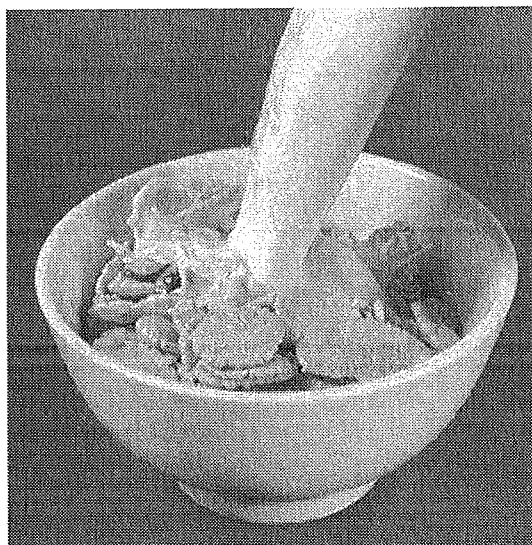
### Instructions:

- Check the ingredient lists on cereal boxes to find those that are made with whole grains.
- Next look at the Nutrition Facts table.
  - Look for the total grams of fibre per serving for each cereal.
  - Look for the total grams of sugar per serving for each cereal.
- Record this information on the worksheet.
- Consider what makes a 'healthier' choice.

***Hint:*** Look at the '***Choose Whole Grains***' and '***Label Reading the Healthy Way***' handouts to help you complete the worksheet.

# Corn Bran Stamps

<b>Nutrition Facts</b>	
Per 1 cup (30 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 120	
<b>Fat</b> 1.5 g	<b>2 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 250 mg	<b>10 %</b>
<b>Carbohydrate</b> 25 g	<b>8 %</b>
<b>Fibre</b> 5 g	<b>20 %</b>
<b>Sugars</b> 5 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 30 %



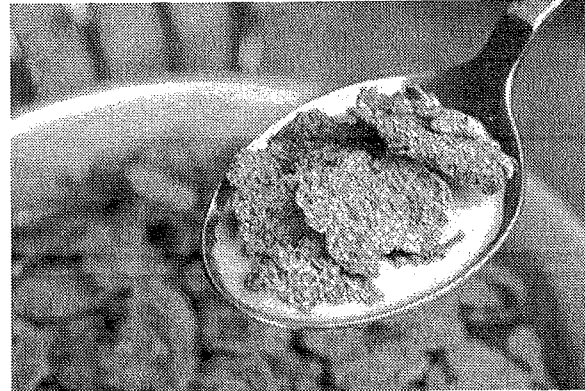
## INGREDIENTS

CORN FLOUR, CORN BRAN FLOUR, SUGAR, WHOLE GRAIN OATS, COCONUT OIL, SALT, SODIUM BICARBONATE, COLOUR.

CONTAINS OAT INGREDIENTS. MAY CONTAIN WHEAT.

# Raisin Bran

<b>Nutrition Facts</b>	
Per 1 cup (55 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 180	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0.2 g + Trans 0 g	<b>1 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 240 mg	<b>10 %</b>
<b>Carbohydrate</b> 44 g	<b>15 %</b>
Fibre 6 g	<b>24 %</b>
Sugars 15 g	
<b>Protein</b> 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 50 %



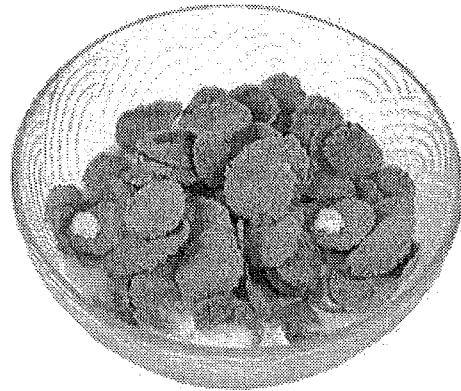
## INGREDIENTS

WHOLE GRAIN WHEAT, RAISINS (RAISINS, SUGAR, MODIFIED PALM OIL), WHEAT BRAN, SUGAR, CORN AND BARLEY MALT EXTRACT, SALT.

CONTAINS WHEAT AND BARLEY INGREDIENTS.

# Bran Flakes

<b>Nutrition Facts</b>	
Per 1 cup (34 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 120	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 210 mg	<b>9 %</b>
<b>Carbohydrate</b> 28 g	<b>9 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 5 g	
Protein 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 30 %



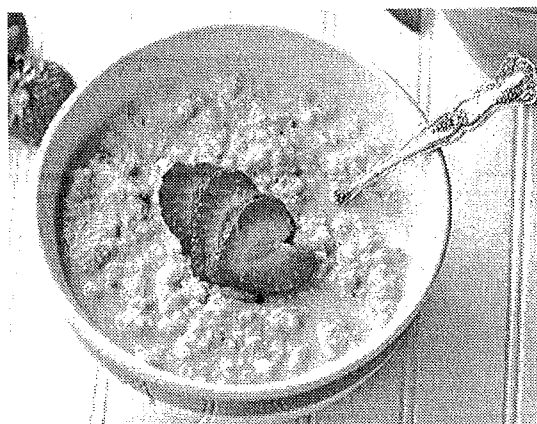
## INGREDIENTS

WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, CORN AND BARLEY MALT EXTRACT, SALT.

CONTAINS WHEAT AND BARLEY INGREDIENTS.

# Lucky Grains Porridge

<b>Nutrition Facts</b>	
Per 1/4 cup dry (41 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 140	
<b>Fat</b> 2.5 g	<b>4 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate</b> 29 g	<b>10 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 1 g	
<b>Protein</b> 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %



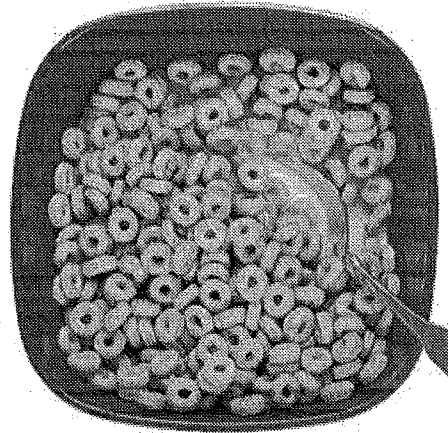
## INGREDIENTS

OATS, BROWN RICE, CORN, SOYBEANS, MILLET, SORGHUM, OAT BRAN, SUNFLOWER SEEDS AND FLAXSEED.

MANUFACTURED IN A FACILITY THAT USES TREE NUTS, SOY, WHEAT, AND MILK.

# Toasted Oats

Nutrition Facts	
Per 1 cup (27 g)	
Amount	% Daily Value
<b>Calories</b> 100	
<b>Fat</b> 2 g	<b>3 %</b>
Saturated 0.4 g + Trans 0 g	<b>2 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 170 mg	<b>7 %</b>
<b>Carbohydrate</b> 20 g	<b>7 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 1 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 30 %

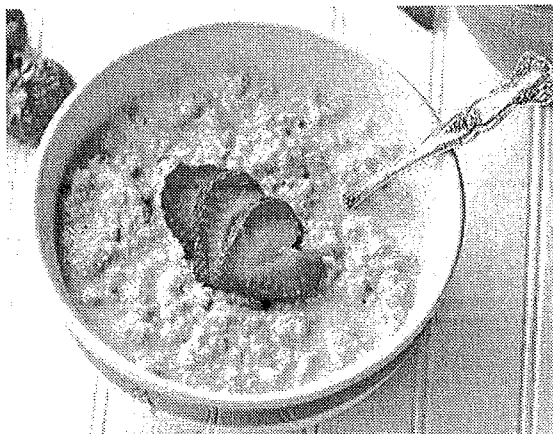


## INGREDIENTS

WHOLE GRAIN GLUTEN-FREE OATS, CORN STARCH, SUGAR, SALT, TRISODIUM PHOSPHATE, CALCIUM CARBONATE, MONOGLYCERIDES, TOCOPHEROLS.

# Quick Oats

Nutrition Facts	
Per 1/3 cup (30 g)	
Amount	% Daily Value
<b>Calories</b> 120	
<b>Fat</b> 2 g	<b>3 %</b>
Saturated 0.4 g + Trans 0 g	<b>2 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate</b> 20 g	<b>7 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 0 g	
<b>Protein</b> 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %



## INGREDIENTS

100% ROLLED OATS, NATURALLY CONTAINS OAT BRAN.

CONTAINS OAT INGREDIENTS. MAY CONTAIN WHEAT.



# Multigrain Hot Cereal

<b>Nutrition Facts</b>	
Per 1 cup dry (40 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 140	
<b>Fat</b> 2.5 g	<b>4 %</b>
Saturated 0.2 g + Trans 0 g	<b>1 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 2 mg	<b>0 %</b>
<b>Carbohydrate</b> 27 g	<b>9 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 0 g	
<b>Protein</b> 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %



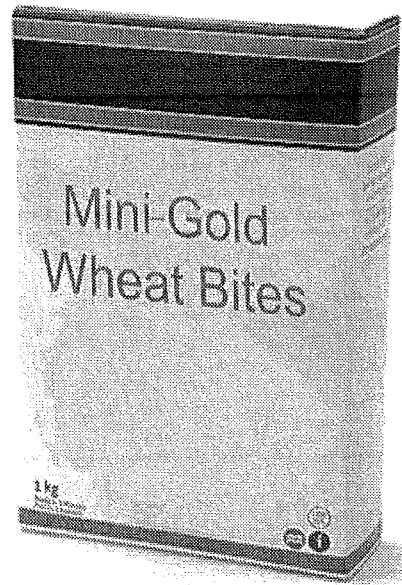
## INGREDIENTS

STEEL CUT WHOLE WHEAT, STEEL CUT WHOLE RYE, CRACKED AND WHOLE FLAX.

MAY CONTAIN BARLEY, MUSTARD, OAT, SESAME SEED, SOYBEAN, AND TRITICALE INGREDIENTS.

# Mini-Gold Wheat Bites

<b>Nutrition Facts</b>	
Per 20 biscuits (54 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 190	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0.2 g + Trans 0 g	<b>1 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 5 mg	<b>0 %</b>
<b>Carbohydrate</b> 46 g	<b>15 %</b>
Fibre 6 g	<b>24 %</b>
Sugars 11 g	
<b>Protein</b> 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 50 %



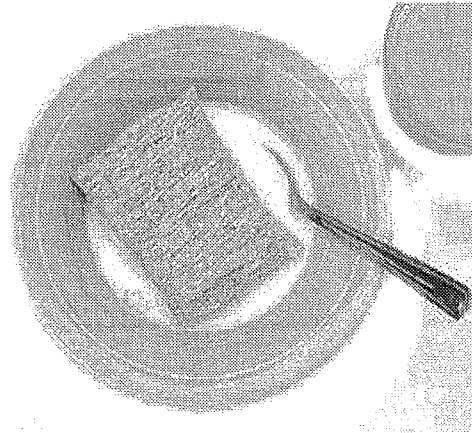
## INGREDIENTS

WHOLE GRAIN WHEAT, SUGAR, GLYCERIN, BLACKSTRAP MOLASSES, GELATIN, COLOUR, BHT.

CONTAINS WHEAT INGREDIENTS.

# Wheat Bites

Nutrition Facts	
Per 1 cup (49 g)	
Amount	% Daily Value
<b>Calories</b> 190	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 5 mg	<b>0 %</b>
<b>Carbohydrate</b> 38 g	<b>13 %</b>
Fibre 6 g	<b>24 %</b>
Sugars 2 g	
Protein 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 6 %



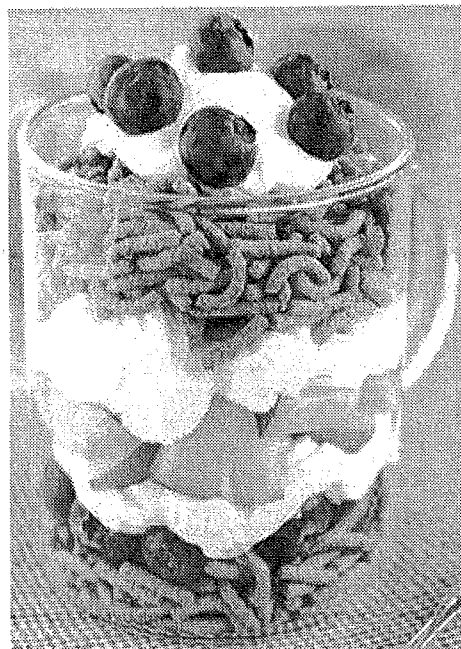
## INGREDIENTS

ORGANIC WHOLE GRAIN WHEAT, NATURAL VITAMIN E.

CONTAINS WHEAT.

# Bran Pops

<b>Nutrition Facts</b>	
Per 1/3 cup (28 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 70	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 170 mg	<b>7 %</b>
<b>Carbohydrate</b> 22 g	<b>7 %</b>
Fibre 11 g	<b>44 %</b>
Sugars 7 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 25 %



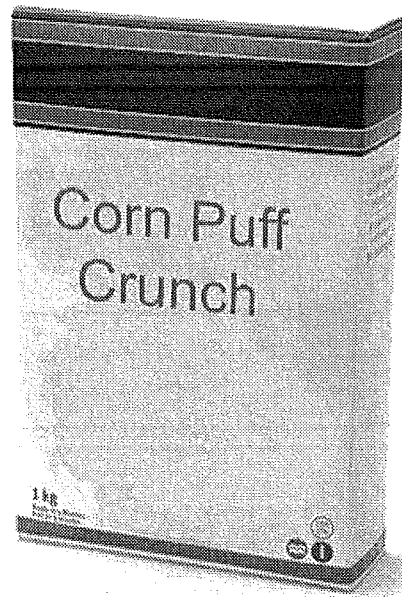
## INGREDIENTS

WHEAT BRAN, SUGAR, PSYLLIUM SEED HUSK, SALT, BAKING SODA, COLOUR, BHT.

CONTAINS WHEAT INGREDIENTS.

# Corn Puff Crunch

Nutrition Facts	
Per 1 cup (32 g)	
Amount	% Daily Value
<b>Calories</b> 120	
<b>Fat</b> 0 g	<b>0 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 180 mg	<b>8 %</b>
<b>Carbohydrate</b> 29 g	<b>10 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 12 g	
Protein 1 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 0 %	Iron 30 %



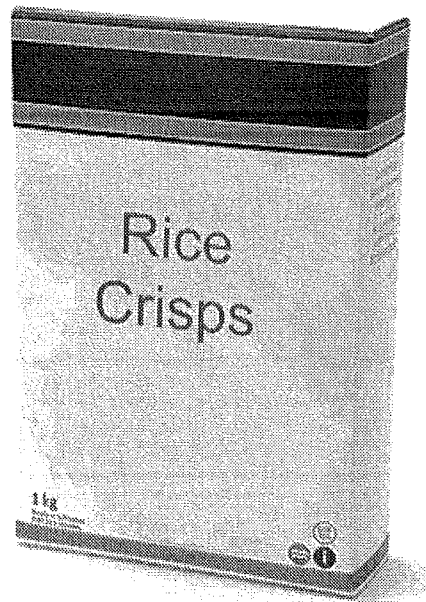
## INGREDIENTS

CORN MEAL, SUGAR, CORN BRAN, CORN SYRUP, SALT, FANCY MOLASSES, WHOLE GRAIN OAT FLOUR, BAKING SODA, COLOUR, BHT.

CONTAINS OAT INGREDIENTS. MAY CONTAIN SOY.

# Rice Crisps

Nutrition Facts	
Per 1 cup (28 g)	
Amount	% Daily Value
<b>Calories</b> 110	
<b>Fat</b> 0 g	<b>0 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 190 mg	<b>8 %</b>
<b>Carbohydrate</b> 25 g	<b>8 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 3 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 25 %



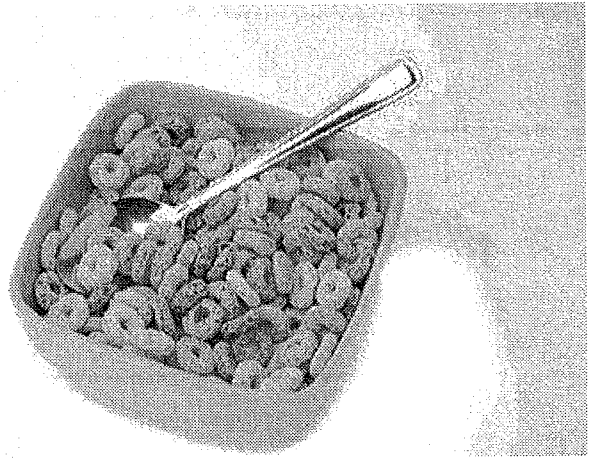
## INGREDIENTS

RICE, SUGAR, SALT, MALT (CORN AND BARLEY MALT EXTRACT), BHT.

CONTAINS BARLEY INGREDIENTS.

# Fruity RainbO's

<b>Nutrition Facts</b>	
Per 3/4 cup (27 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 110	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 105 mg	<b>4 %</b>
<b>Carbohydrate</b> 24 g	<b>8 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 12 g	
Protein 1 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 25 %



## INGREDIENTS

SUGAR, WHOLE GRAIN CORN FLOUR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT HULL FIBRE, CORN BRAN, HYDROGENATED COCONUT AND VEGETABLE OIL, SALT, COLOUR, NATURAL FRUIT FLAVOURING, BHT.

CONTAINS WHEAT AND OAT INGREDIENTS. MAY CONTAIN SOY.

### Station 4: Cereal Slayer – Worksheet

Cereal Name	Whole grain is the first ingredient? ✓ If yes	Total Fibre per serving (g)	2 grams or more of fibre? ✓ If yes	Total Sugar per serving (g)	Less than 8 grams of sugar? ✓ If yes	What would you choose? Most often = 3 checkmarks Sometimes = 2 checkmarks Least Often = 1 or no checkmarks
Bran Flakes						
Bran Pops						
Corn Bran Stamps						
Corn Puff Crunch						
Fruity RainbO's						
Lucky Grains Porridge						
Mini-Gold Wheat Bites						
Multi-Grain Hot Cereal						
Quick Oats						
Raisin Bran						
Rice Crisps						
Toasted Oats						
Wheat Bites						



## Choose Whole Grains

Not all grains are the same! Whole grains have a lot of nutrients that work together to promote good health for your family. Some examples of whole grains are:

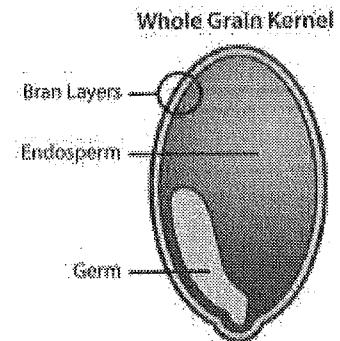
- Oatmeal
- Whole grain whole wheat
- Whole wheat berries
- Whole grain (or hulled) barley
- Wild or brown rice
- Whole rye
- Quinoa
- Cornmeal
- Amaranth
- Triticale

**Whole grains** are made of the entire grain kernel: bran layer, endosperm and germ. Each part has different nutrients.

**Multi grain** and whole grain may be different! Multigrain products have more than one kind of grain, but the grains may not be whole grains.

**Refined grains** such as white flour and white rice have all or part of the bran and germ removed.

This causes important vitamins and minerals to be lost. Some refined grains are **enriched**, which means that **some** of these vitamins and minerals, that were lost in processing, are added back in. Enriched refined grains are still missing some nutrients that are only found in whole grains.

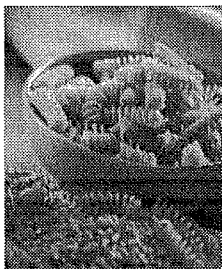


### How to find whole grains

A whole grain product will have “whole-grain” or “whole” listed in front of the grain on the package label. Choose foods with **whole grains** listed as the first grain ingredient.

**Aim to make at least half of your grain products whole grain each day!**

Whole grains give you fibre, protein, and vitamins and minerals that work together to promote good health for your family.



For more information about whole grains, visit:

<http://www.albertahealthservices.ca/nutrition/Page5622.aspx>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>

### Station 4: Cereal Slayer – Worksheet

Cereal Name	Whole grain is the first ingredient? ✓ If yes	Total Fibre per serving (g)	2 grams or more of fibre? ✓ If yes	Total Sugar per serving (g)	Less than 8 grams of sugar? ✓ If yes	What would you choose? Most often = 3 checkmarks Sometimes = 2 checkmarks Least Often = 1 or no checkmarks
Bran Flakes						
Bran Pops						
Corn Bran Stamps						
Corn Puff Crunch						
Fruity Rainbo's						
Lucky Grains Porridge						
Mini-Gold Wheat Bites						
Multi-Grain Hot Cereal						
Quick Oats						
Raisin Bran						
Rice Crisps						
Toasted Oats						
Wheat Bites						

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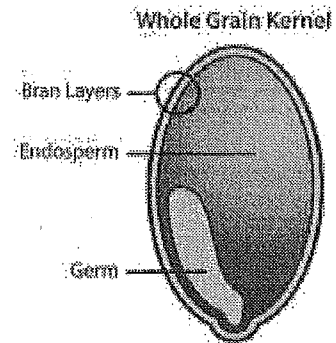
- Oatmeal
- Whole grain whole wheat
- Whole wheat berries
- Whole grain (or hulled) barley
- Wild or brown rice
- Whole rye
- Quinoa
- Cornmeal
- Amaranth
- Triticale

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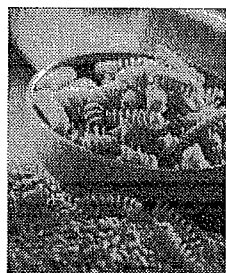


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