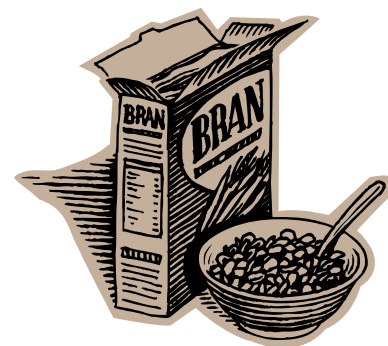




All about Cereal

Potential Benefits:

- Improved mood
- Weight control
- Lower cholesterol
- Reduced risk of heart disease
- Reduced risk of some cancers



What to look for:

- The words "100 % Whole Grain."
- Fiber Content-The higher, the better.
- Added Sugar -Keep it low.
- Lower Sodium

Other ways to use cereal:

- Muffins
- Meat loafs
- Fruit crisps
- Toppings for casseroles
- Meat balls
- Topping for yogurt, frozen yogurt or pudding

Yogurt Parfait

Granola is not just for breakfast anymore! Use the recipe below for a sweet treat any time of the day.

Ingredients:

*1/8 cup fresh fruit (such as berries, sliced peaches, etc.)
1/8 cup low-fat or regular yogurt (flavor of your choice)
1/8 cup low-fat granola*



Preparation:

Layer the different ingredients in a parfait glass and repeat layers.

Yield: 1 parfait

Nutritional Information:

Per parfait: 160 calories, 5 g protein, 32 g carbohydrate, 2.5 g fat (0.4 g saturated fat), 3 mg cholesterol, 2.6 g fiber, 96 mg calcium, 80 mg sodium. Calories from fat: 12%.

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