



**3 grams or more of fiber?**

**9 grams or less of sugar?**

# Nutrition Facts

Serving Size 1/2 cup (57g)  
Servings Per Container 15

Amount Per Serving	Granola with 1/2 Cup Fat	
	Granola	Free Milk
<b>Calories</b>	240	290
Calories from Fat	70	70
	<b>% Daily Value**</b>	
<b>Total Fat 8g*</b>	<b>12%</b>	<b>12%</b>
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>
<b>Sodium 90mg</b>	<b>4%</b>	<b>7%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>	<b>15%</b>
Dietary Fiber 4g	16%	16%
Sugars 18g		
<b>Protein 5g</b>		
Vitamin A	0%	6%
Vitamin C	0%	2%
Calcium	4%	15%
Iron	10%	10%



# Cereal Detective Work Sheet



## NUTRITION LABEL

Serving Size  
0.75 cup  
Amount Per Serving  
Calories: 120  
Total Fat: 1.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 160mg  
Total Carbohydrate: 25g  
Dietary Fiber: 2g  
Sugars: 6g  
Protein: 3g



Name of Cereal	Grams of Fiber	Grams of Sugar	“Go” or “Slow” Cereal?
Life			
Mighty Bites			
Fruit Loops			

**3 grams or more of fiber?**

**9 grams or less of sugar?**



# Cereal Detective Work Sheet



## NUTRITION LABEL

Serving Size  
1 cup (1 NLEA serving)  
Amount Per serving:  
Calories: 117  
Total Fat: 1g  
Saturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 162 mg  
Total Carbohydrate: 0g  
Dietary Fiber: 3g  
Sugar: 5g  
Protein: 6g

Name of Cereal	Grams of Fiber	Grams of Sugar	“Go” or “Slow” Cereal?
Life	2	6	Slow
Mighty Bites			
Fruit Loops			



**3 grams or more of fiber?**

**9 grams or less of sugar?**



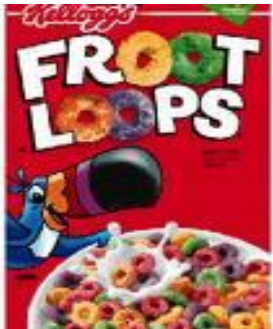
# Cereal Detective Work Sheet



## NUTRITION LABEL

Serving Size  
3/4 cup (30g)  
Amount per serving:  
Calories: 118  
Total Fat: 1g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 150mg  
Total Carbohydrates: 26g  
Dietary Fiber: 1g  
Sugars: 12g  
Protein: 2g

Name of Cereal	Grams of Fiber	Grams of Sugar	“Go” or “Slow” Cereal?
Life	2	6	Slow
Mighty Bites	3	5	Go
Fruit Loops			



**3 grams or more of fiber?**

**9 grams or less of sugar?**

Naturally Flavored  
**Honey Nut Cheerios**



### Nutrition Facts

Serving Size 3/4 cup (28g)  
 Servings Per Container about 25

Amount Per Serving	Honey Nut Cheerios	with 1/2 cup skim milk
<b>Calories</b>	110	150
Calories from Fat	10	15
	<b>% Daily Value**</b>	
<b>Total Fat 1.5g*</b>	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>1%</b>
<b>Sodium 160mg</b>	<b>7%</b>	<b>9%</b>
<b>Potassium 115mg</b>	<b>3%</b>	<b>9%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>	<b>8%</b>
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
<b>Protein 2g</b>		<b>15%</b>

# FRUITY PEBBLES

CEREL BRAND

Excellent Source of Vitamin D  
 11 Essential Vitamins and Minerals

### Nutrition Facts

Serving Size 3/4 cup (30g)  
 Servings Per Container about 14

Amount Per Serving	Cereal with 1/2 cup Fat Free Milk	
	Cereal	Fat Free Milk
<b>Calories</b>	120	160
Calories from Fat	10	10
	<b>% Daily Value**</b>	
<b>Total Fat 1g*</b>	<b>2%</b>	<b>2%</b>
Saturated Fat 1g	<b>5%</b>	<b>5%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>
<b>Sodium 190mg</b>	<b>8%</b>	<b>11%</b>
<b>Potassium 20mg</b>	<b>1%</b>	<b>6%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>	<b>0%</b>
Sugars 11g		
Other Carbohydrate 15g		
<b>Protein 1g</b>		<b>15%</b>

Bite-size  
**Frosted Shredded Wheat**

Sweetened Whole Grain Wheat Cereal

### Nutrition Facts

Serving Size 1 cup (55g)  
 Servings Per Container about 9

Amount Per Serving	Cereal with 1/2 cup Skim Milk	
	Cereal	Skim Milk
<b>Calories</b>	190	230
Calories from Fat	10	10
	<b>% Daily Value**</b>	
<b>Total Fat 1g*</b>	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>1%</b>
<b>Sodium 10mg</b>	<b>0%</b>	<b>3%</b>
<b>Potassium 180mg</b>	<b>5%</b>	<b>11%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>	<b>17%</b>
Dietary Fiber 6g	<b>24%</b>	<b>24%</b>
Soluble Fiber 1g		
Insoluble Fiber 5g		
Sugars 11g		
Other Carbohydrate 28g		
<b>Protein 5g</b>		<b>6%</b>

Kashi

Heart to Heart

**Nutrition Facts**

Serving Size 3/4 Cup (33g/1.2 oz.)  
 Servings Per Container About 11

Amount Per Serving

Calories 120      Calories from Fat 15

% Daily Value\*

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 85mg      **4%**

**Potassium** 95mg      **3%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 5g      **18%**

Soluble Fiber 1g

Insoluble Fiber 4g

Sugars 5g

**Protein** 4g

Vitamin C 50%

**Cheerios**

**Nutrition Facts**

Serving Size 1 cup (28g)  
 Children Under 4 - 3/4 cup (21g)  
 Servings Per Container about 18  
 Children under 4 - about 24

Amount Per Serving	Cheerios	with 1/2 cup skim milk	Cereal for Children Under 4
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<b>Calories</b>	100	140	80
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Calories from Fat	15	20	10
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% Daily Value\*\*

<b>Total Fat</b> 2g*	<b>3%</b>	<b>3%</b>	1.5g
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Saturated Fat 0g	<b>0%</b>	<b>3%</b>	0g
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Trans Fat 0g			0g
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Polyunsaturated Fat 0.5g			0g
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Monounsaturated Fat 0.5g			0g
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<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>	0mg
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<b>Sodium</b> 160mg	<b>7%</b>	<b>9%</b>	120mg
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<b>Potassium</b> 170mg	<b>5%</b>	<b>11%</b>	130mg
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<b>Total Carbohydrate</b> 20g	<b>7%</b>	<b>9%</b>	15g
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Dietary Fiber 3g	<b>11%</b>	<b>11%</b>	2g
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Soluble Fiber 1g			0g
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Sugars 1g			1g
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Other Carbohydrate 17g			12g
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<b>Protein</b> 3g			2g
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% Daily Value\*\*

**COCOA PEBBLES**  
 CEREAL BRAND

GLUTEN FREE

10 Essential Vitamins and Minerals

**Nutrition Facts**

Serving Size 3/4 cup (30g)  
 Servings Per Container about 10

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
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<b>Calories</b>	120	160
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Calories from Fat	10	10
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% Daily Value\*\*

<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
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Saturated Fat 1g	<b>5%</b>	<b>5%</b>
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Trans Fat 0g		
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Polyunsaturated Fat 0g		
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Monounsaturated Fat 0g		
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<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
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<b>Sodium</b> 190mg	<b>8%</b>	<b>11%</b>
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<b>Potassium</b> 50mg	<b>1%</b>	<b>7%</b>
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<b>Total Carbohydrate</b> 26g	<b>9%</b>	<b>11%</b>
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Dietary Fiber 0g	<b>0%</b>	<b>0%</b>
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Sugars 11g		
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Other Carbohydrate 15g		
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<b>Protein</b> 1g		
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