



Buy This and Say Bye-Bye to That Shopping for Cereals

Buy	Bye- Bye
Cereals free of additives and preservatives that are a good source of whole grains and are low in added sugar.	Cereals with additives and preservatives such as food dyes, high fructose corn syrup, BHT, partially hydrogenated oils, etc.
Actual oats that you can prepare and then add your own toppings. Or make your own granola.	Instant oat packets that contain artificial flavors, excess sugars and preservatives.
Grains that can make a wonderful hot cereal (or a side dish) such as corn meal, buckwheat, bulgur, couscous, quinoa etc.	Highly sweetened and, processed cereals.
Granola and granola bars free of additives and preservatives such as high fructose corn syrup, partially hydrogenated oils, and artificial flavors, etc.	Granola and granola bars loaded up with additives and preservatives.