



## Who's Fakin' It? ... "Whole Grain" Cereals



It's the latest thing now ... the children's morning sugar surge has been plastered with the words "*made with whole grains*", to make it more likely that parents will buy it.

But adding a bit of whole grain to these Cocoa Puffs or those Fruit Loops does not magically make it convert into a health food.

Nor does that make it an important part of a balanced diet.

First of all, the stuff on the front is all marketing. Don't pay attention to that part. Rather, turn the container over and

look for three clues:

- A. In the ingredients list, look for whole grains — like whole wheat, brown rice, oats or rye — in one of the first ingredient items.
- B. In the nutrition panel, look for cereals with no more than seven grams of sugar.
- C. Buy cereals that contain at least five grams of fiber.

Good luck out there!!