

## The Best of...

Bread, yogurt, cereal and spreads are basic must-haves when planning healthy “back to school” breakfasts. With the overwhelming number of products in stores, how do you choose the right one for you and your family? It’s simple. Just follow these “Best Of” guidelines to help you find your favorite breakfast basics!

### *The Best of...* **Cereal**

Cereal is a great way to start your day! Whole grain cereals provide vitamins, minerals, protein and fiber. Things get even better when paired with the Calcium and Vitamin D from a low-fat or fat-free milk. Here are your guidelines for choosing a “*Best Of*” cereal:

- At least 3 grams of fiber per serving, even better if it’s 5 grams or more!
- Less than 9 grams of sugar per serving, or less than 16 grams sugar if the cereal contains fruit
- Whole grain as the first ingredient (the first word under ingredients should say “whole”)

*Try Multigrain Cheerios, Shredded Wheat, Kashi Go Lean, Bran Flakes and ShopRite Old Fashioned Oats*

### *The Best of...* **Bread**

Bread can easily create an on-the-go breakfast. Spread it with your favorite nut-butter, top with scrambled eggs or top with low-fat cream cheese for a delicious a.m. treat! Here are your guidelines for choosing a “*Best of*” bread:

- Made with 100% whole grain (Check the ingredient list to make sure your bread is made with 100% whole grain flour!)
- At least 2 grams of fiber per slice
- 100 calories or less per slice. (notice the size of slices, thick, thin, small, or large)

*Try ShopRite 100% Whole Wheat, Arnold 100% Whole Wheat or Flax and Fiber, Wonder 100% Whole Wheat*

### *The Best of...* **Yogurt**

Yogurt is considered a “functional food” because of the naturally occurring probiotics, bacteria that are thought to promote digestive health. Even people who suffer from lactose intolerance are often able to tolerate yogurt in moderation. Try it in a smoothie or topped with fresh fruit and cereal for breakfast! Here are your guidelines for choosing a “*Best of*” yogurt:

- 1.5 grams of Saturated Fat or less
- 25 grams or less of sugar per 6 ounce serving (look under ingredient list for added sugars, fruit and dairy provide natural sugar).
- 180 calories or less per 6 ounce serving
- At least 200mg Calcium

*Try StonyField yogurt varieties, Dannon Fruit on Bottom, Chobani Greek Yogurt*

### ***The Best of... Spreads***

Margarine spreads can be a part of a healthy breakfast. Whether you use them for cooking or to spread atop your whole grain bagel, here are your guidelines for choosing a “*Best of*” spread:

- Scan the ingredient list for and look for products with no “partially hydrogenated” oils, even if the label says 0 grams trans fat, the product may still contain trace amounts. Reading the ingredient list is the best way to be sure you are getting a “trans fat free” product.
- 1.5 grams of Saturated Fat or less per serving
- 100 calories or less for 1 tablespoon serving

*Try Promise or Promise Light, Smart Balance Light or Light with Flax Oil, Benecol or Benecol Light, Brummel and Brown, I Can't Believe It's Not Butter Light*