

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

August 2008

Breakfast Cereals Are Not Created Equal



Choose low-sugar whole-grain cereals:

- Whole grains should be listed **FIRST** in the ingredient list.
- One serving should have at least 3 grams of fiber and no more than 8 grams of sugar.

Children can learn to enjoy low-sugar whole-grain cereals.

- Mix sweetened cereal with low-sugar cereal to start. Gradually add more low-sugar cereal and less sweetened cereal.
- Add fruit (canned, fresh or dried) to low-sugar cereals
- Sweetened cereal can serve as a topping on yogurt or as a treat.



Banana Nut Oatmeal Serves 6

3 cups low fat milk	2 cups quick oats
3 Tablespoons brown sugar	1 large or 2 small bananas, sliced or mashed
1/2 teaspoon cinnamon (optional)	1/4 cup chopped nuts (optional)

1. In a medium pan combine milk, sugar, and cinnamon.
2. Bring to a boil. Add oats and gently stir.
3. Return to a boil then reduce heat to simmer. Cook until liquid is absorbed, about 1 minute.
4. Remove pan from heat. Add banana and nuts.
5. Serve while warm.

NUTRITION FACTS (per serving) – Calories 230; fat 5 g; calories from fat 45; sodium 55 mg; total carbohydrate 40 g; fiber 4 g

CORRECTION to JULY 2008 “Nuts & Seeds” Newsletter – Recipe: “Oat & Nut Treats”
Treats should be stored tightly covered *in the refrigerator*.

