

# Build a better-for-you bowl of cereal

When it comes to at-home meals, it doesn't get much faster or easier than a bowl of cold cereal. Even better: Cereal can also be a balanced meal! Here are the steps you can take to build a satisfying, nutritious bowl of cereal:

## Be aware of your portion

Even if you choose a nutritious cereal, it's easy to serve too much of a good thing. Use the Nutrition Facts panel on the box to help determine what the right portion is for your needs.

## Watch out for added sugar

Cereals can contain a surprising amount of sugar. Look for one with 6 or fewer grams of added sugars per serving.

## Do some dairy

Low-fat or nonfat milk adds protein, vitamin D, calcium and other valuable nutrients. If you prefer plant-based milk, be aware that it may not have as many vitamins and minerals. Unsweetened low-fat yogurt can also make a tasty and satisfying addition to your bowl.

## Sprinkle seeds or nuts

A small serving of nuts like almonds or seeds like sunflower can add important nutrients to your meal. Their healthy fat and protein can also make your cereal bowl a bit more satisfying.

## Flavor with fruit

It's easy to choose a less-sugary cereal when you add a serving of naturally sweet fruit on top! As you downsize your cereal portion, a serving of fruit can also help round out your bowl with fewer calories and carbs.

## Choose a whole grain cereal

Opt for one made with 100% whole grains like oats, sorghum or whole wheat. These cereals will be higher in fiber, which will make them more filling and better for blood sugar control.

## Use a smaller bowl

Research shows that we pour—and eat—more cereal when our bowl is larger. Skip the oversized bowl; a standard-sized one is just right.