



## Is It OK to Eat Cereal? (cont...)

Let's look at one: **Kashi GO Chocolate Crunch.**  
It has the following per serving (2/3 cup)

- 10 grams of plant-based protein
- 16 grams of whole grains
- 32 grams of carbs including 6 g of fiber (26 g net carbs)
- 9 grams of added sugars
- Iron, magnesium, zinc, phosphorous (10-15% of the RDA for a 2,000-calorie diet)
- 210 calories

If you need to severely limit your sugar intake, then Ezequiel cereals (with just 1-2 grams of added sugar per serving) may be a better option, however, I like the 2.6:1 carb-to-protein ratio in his cereal (which actually makes it ideal as an after-practice recovery snack), the whole grains, fiber, and the great flavor, which makes it easy for everyone in the family to eat.

So next time you're at the store, don't shy away from the cereals aisle. Look for whole-grain options with at least 8 grams of protein per serving and choose the amount of sugar that is adequate for your specific needs. And remember to include a variety of things for breakfast each week, such as smoothies, eggs, wraps, and other options to make sure your body gets all of the nutrients it needs.