

Cerealsly Healthy Teeth

Cereal is a popular breakfast food that makes for a quick and filling meal in the morning. While many cereals contain important vitamins and nutrients, some options contain many flavors and sugars that can lead to tooth decay.

Nutrition Facts		
About 8 servings per container		
Serving size 1 cup (36g)		
	with $\frac{1}{2}$ cup skim milk	
Calories 140	200	
	% DV**	% DV**
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Total Carbohydrate 31g	11%	14%
Dietary Fiber 2g	5%	6%
Total Sugars 12g		
Incl. Added Sugars 12g	24%	24%
Protein 2g		



Ingredients: Whole Grain Corn, Sugar, Corn Meal, Cocoa Processed with Alkali, Brown Sugar Syrup, Canola and/or Sunflower Oil, Corn Flour, Corn Syrup, Salt, Baking Soda, Natural Flavor, Annatto Extract Color, Rosemary Extract.

Avoid added sugars

Avoid main ingredients such as corn, syrup, and sugar

Tips

- Avoid sticky ingredients like honey and raisins
- Consume cereal with milk, not dry, to avoid remnants on teeth
- If brushing after breakfast, make sure to wait 30 minutes after eating to avoid tooth damage