

# Reese's Puffs

## Serving size

The serving size of this cereal is only  $\frac{3}{4}$  of a cup. That is a little smaller than the size of an adult fist. If your bowl of cereal is bigger than that, you will have more calories and sugar than listed here.

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup (29g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 25
%Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Potassium</b> 65mg	<b>2%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 10g	
<b>Protein</b> 2g	
Vitamin A 10%	Vitamin C 10%
Calcium 10%	Iron 25%
Vitamin D 10%	Thiamin 25%
Riboflavin 25%	Niacin 25%
Vitamin B6 25%	Folate 25%
Vitamin B12 25%	Phosphorus 6%
Magnesium 4%	Zinc 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

## Sodium

Getting too much sodium can cause high blood pressure and increase the risk for heart disease. Try to eat low sodium foods, which have 140 mg or less per serving. This cereal has a little more than that, but is not considered a high-sodium food.

## Sugar

Be mindful of how much sugar is in your cereal. Try to choose a cereal with 6 grams or less per serving. This cereal would provide  $\frac{2}{3}$  of the recommended daily amount for most children, who should have no more than 15 grams of added sugar per day!

## Fiber

The more fiber in a cereal, the better! This cereal only has 1 gram, which is not nearly enough- most 4-8 year olds need 25 grams per day.

## Artificial colors

Many cereals contain artificial colors. The FDA approves these colors, but foods with them are usually highly processed and not healthy. Look for **Red 40, Blue 1, Yellow 5 and 6.**

## Vitamins & minerals

Many cereals are fortified with vitamins and minerals, meaning the company had to add them in to make this food more nutritious. This cereal is fortified with many nutrients that would not otherwise exist in the ingredients.

**Ingredients: Whole Grain Corn, Sugar, Reese's® Peanut Butter (peanuts, sugar, monoglycerides, peanut oil, salt, molasses, corn starch), Dextrose, Corn Starch, Corn Syrup, Rice Bran and/or Canola Oil, Corn Meal, Salt, Hershey's® Cocoa, Red 40, Yellow 5&6, Blue 1, and Other Color Added, Trisodium Phosphate, Natural and Artificial Flavor. BHT added to preserve freshness.**

**Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), B vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.**

# Shredded Wheat

## Serving size

The serving size of this cereal is only 1 cup. That is equivalent to the size of an adult fist. If your bowl of cereal is bigger than that, you will have more calories and sugar than listed here.

## Sugar

Be mindful of how much sugar is in children's cereals. Try to choose a cereal with as little sugar as possible. Most children should have no more than 15 grams of added sugar per day. This cereal is an excellent choice because it has 0 grams of sugar.

## Few ingredients

Shredded Wheat contains just one main ingredient: wheat. There are no artificial colors or sweeteners added to this cereal. Some preservative (BHT) is added to the packaging. Cereals with fewer ingredients are often less processed and healthier.

## Nutrition Facts

Serving Size 1 cup (49g)		
Servings Per Container 9		
Amount Per Serving		
<b>Calories</b> 170	Calories from Fat 10	
%Daily Value*		
<b>Total Fat</b> 1g	<b>2%</b>	
Saturated Fat 0g	<b>0%</b>	
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 0mg	<b>0%</b>	
<b>Potassium</b> 190mg	<b>5%</b>	
<b>Total Carbohydrate</b> 40g	<b>13%</b>	
Dietary Fiber 6g	<b>24%</b>	
Sugars 0g		
<b>Protein</b> 6g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 6%	
Thiamin 10%	Riboflavin 2%	
Niacin 15%	Phosphorus 20%	
Magnesium 15%	Zinc 10%	
Copper 8%		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

## Sodium

Getting too much sodium can cause high blood pressure and increase the risk for heart disease. Try to eat low sodium foods, which have 140 mg or less per serving. Shredded Wheat actually contains none at all!

## Fiber

The more fiber in a cereal, the better! This cereal is very healthy with 6 grams of fiber. That is about 1/4 of the fiber a child needs in a day.

## Vitamins & minerals

Many cereals are fortified with vitamins and minerals, meaning the company adds them in to make the product seem healthier. All of the nutrients in this cereal are naturally found in wheat.

**Ingredients: Whole Grain Wheat.** To preserve the natural wheat flavor, BHT is added to the packaging material.

