Reese's Puffs

Serving size

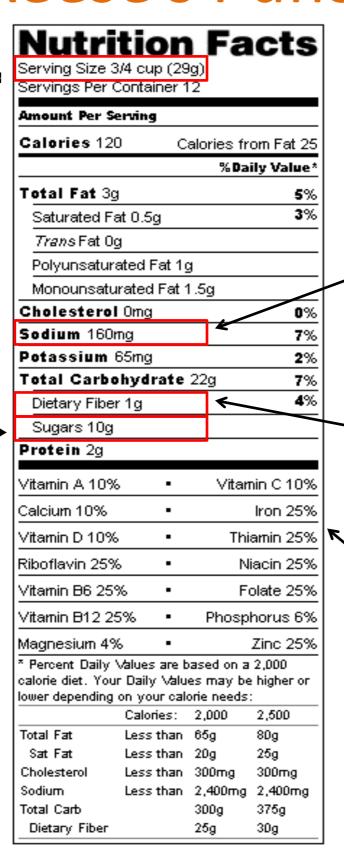
The serving size of this cereal is only ¾ of a cup. That is a little smaller than the size of an adult fist. If your bowl of cereal is bigger than that, you will have more calories and sugar than listed here.

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 2/3 of the recommended daily amount for most children, who should have no more than 15 grams of added sugar 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.



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.

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.

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.

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.

Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), B vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.



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** Calories 170 Calories from Fat 10 %Daily Value* Total Fat 1g 0% Saturated Fat 0g Trans Fat Og Polyunsaturated Fat 0.5g Monounsaturated Fat 0q Cholesterol Omq 0% Sodium Omq 0% Potassium 190mg **5**% Total Carbohydrate 40q 13% 24% Dietary Fiber 6q 4 Sugars 0g **Protein** 6a 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 300ma Sodium Less than 2,400mg 2,400mg Total Carb 300g 375g Dietary Fiber 25g 30g

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

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 ¼ 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.

