

SENIOR NUTRITION NEWS

Eat Smart Idaho

September 2025

Choosing Breakfast Cereals

Cereal is a quick, easy, and nutritious way to start the day. To choose a healthy breakfast cereal use the Nutrition Facts Label to follow these tips:

- Look for a whole grain as the first ingredient.
- Fiber (3 grams or more, preferably 5 grams or more).
- Protein (2 or more grams).
- Sugar (8 grams or less). Check the ingredient list for added sugars like high-fructose corn syrup.
- Fat (less than 3 grams of fat).
- Between 10 and 25% of the Daily Value for key vitamins and minerals (e.g. iron, folate, B₆ and B₁₂).



Other cereal facts and tips:

- Granola & “Natural” Cereals may contain more fat, sugar, or sodium than you would expect, and many have saturated fats from coconut and palm oils.
- If your favorite cereal is not the most nutritious choice, try mixing it with one that is. Together they will give you a flavor you like and the nutrients you need.
- Many Americans eat much larger servings than what is listed on the box. Use a measuring cup to determine what a true serving size looks like for you.
- Add fresh fruit, nuts, or a handful of seeds to your cereal to increase its fiber content and flavor.

Shopping in the Breakfast Cereal Aisle

- **Look Up & Look Down:** More expensive brands are often at “eye-level,” or at a level that makes them easy to see. Store brands that may cost less and are just as good are often placed on higher or lower grocery shelves.



Breakfast Cereal Bars

3 cup whole-grain cereal (Chex, Cheerios, Kashi, etc.)
1/2 cup honey
• 1/4 cup almonds

1 cup peanut butter
1 cup raisins



1. Wash hands.
2. In a bowl, mix together cereal, raisins and almonds.
3. In another bowl, mix together peanut butter and honey.
4. Add dry ingredients to peanut butter/honey mixture. Mix well.
5. Press into a 9- by 9-inch pan.
6. For easier cutting, chill 20 minutes, then cut into 16 squares. Wrap squares individually in plastic wrap for an on-the-go snack.

Breakfast Banana Split

1 banana
1/2 cup low-fat vanilla yogurt
1/2 cup fruit of choice

1 tbsp peanut butter
2 tbsp granola



1. Wash hands.
2. Peel banana, cut in half and slice lengthwise.
3. Spread the peanut butter over banana.
4. Add the yogurt to the middle of banana.
5. Top with the granola and fruit.

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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Sources: https://www.clemson.edu/extension/hgic/food/nutrition/food_shop_prep/food_shop/hgic4224; <https://www.ndsu.edu/agriculture/extension/extension-topics/food-and-nutrition/recipes> retrieved 08/26/25

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