

## Cereal Smarts

What's the centerpiece of many breakfasts? Cereal, which provides a wide variety of nutrients and are high in fiber.

Nutrition recommendations for adults say you should consume at least 25 grams of fiber each day. That can be easy when you incorporate it into each meal, especially breakfast. Check the Nutrition Facts Label for the fiber content of your favorite cereal. Look for cereals that provide at least five grams of fiber per serving. That gets you 20 percent of the way to your goal and the day is just beginning!

Adjusting to higher-fiber cereals may take time, so start small. Add a little higher-fiber cereal to your current favorite and slowly shift the balance toward more fiber.

And don't overlook taste. When choosing a high-fiber cereal, make sure it is one you enjoy. If a cereal is full of fiber but you don't like eating it, chances are you won't.