



## Breakfast Cereal and Diabetes

Start your day with a nutritious, diabetes-friendly cereal that supports blood sugar control and overall health. Use these guidelines to find the best options in the cereal aisle.

### How to Choose a Healthy Cereal

- **Whole Grains Matter** – Look for “whole wheat” or “wheat bran” as the first ingredient to support heart health and blood sugar management.
- **Follow the “5 and 5 Rule”** – Choose cereals with at least 5g of fiber and less than 5g of sugar per serving.
- **Boost Protein Intake** – Aim for at least 3g of protein per serving to stay full longer.
- **Get Essential Nutrients** – Look for cereals providing 25-40% of the Recommended Daily Allowance (RDA) of iron, zinc, calcium, vitamin D, and potassium.
- **Pick Bran-Based Options** – Bran helps with digestion, satiety, and weight control.
- **Limit Fat** – Choose cereals with less than 10% total fat to keep calories in check.

### What to Avoid

- **Hydrogenated Oils** – Unhealthy fats linked to heart disease.
- **Artificial Colors and Dyes** – Unnecessary additives.
- **High Sugar Content** – Can cause blood sugar spikes and cravings.



## Best Cereal Choices for Fiber and Whole Grains

- Fiber One bran cereals
- All Bran with extra fiber
- Shredded wheat
- Raisin Bran
- Nature's Path or Kashi Go Lean cereals

## Make It a Balanced Breakfast

- Add low-fat milk or a dairy-free alternative.
- Top with fresh fruit for extra fiber and vitamins.
- Sprinkle nuts or seeds for healthy fats and protein.

Choosing a high-fiber, low-sugar cereal is a great step toward better health and blood sugar management. Start your day strong with smart choices!



**We're committed to your health. Contact us today for more information.**

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### Advanced Diabetes Supply

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