

Choosing Cereals for More Fibre and Less Sugar

Cereal	Serving Size	Cal	Fibre (g)	Sugar (g)	Iron (%DV)	Sodium (mg)	Fat (g)	Claims
Recommendation:			> 4	< 8	>25	< 250	< 3	
General Mills Fibre1	½ cup	110	15	0	30	130	1.0	Very high source fibre Low in fat
Post 100 % Bran	½ cup	120	10	7	30	200	1.5	Very high source fibre Low in sat. & trans fat
Kellogg All Bran	½ cup	75	10	5.5	28	300	1.0	Low in fat Very high source fibre
Kellogg Raisin Bran	1 cup	180	6	16	50	340	1	
Kellogg All Bran- Bran Flakes	1 cup	110	5	4	30	290	0.5	Low in fat High source fibre
Grain Shop Honey Almond Crunch	1 cup	205	5	12	29	310	3	High source fibre
Quaker Muffets	2 ea.	159	4.9	0.3	N/a	2.0	0.8	High source fibre Low in fat
Quaker Corn Bran Squares	1 cup	116	4.8	6.1	28	275	1.4	High source fibre
Weetabix	2 biscuits	133	4.6	1.7	33	135	0.7	Low in fat High source fibre
Quaker Oat Bran	¾ cup	120	4	5	30	105	1.5	High source fibre
Post Shredded Wheat	1 biscuit	90	4	0	10	0	0.5	Low in fat High source fibre
Post Grape Nuts	1/3 cup	110	4	0	8	170	0.5	Low in fat High source fibre
Kellogg's Almond Raisin Muslix	2/3 cup	200	4	16	30	170	3	High source of fibre Low in trans/ sat. fat
Quaker Oat Squares	½ cup	120	3	5	30	140	1.5	
Post Shreddies	2/3 cup	110	3	5	25	180	0.5	Low in fat
Quaker Oatmeal Wild Berry Medley	1-40 g. pouch	150	3	10	40	240	3	Low in fat Source dietary fibre
PC 7 Reasons Multigrain	2/3 cup	116	2.8	3.1	8	69	1.1	Low in fat
Kellogg Vector	1 ¼ cup	205	2.7	10	28	365	2.8	
Quaker Harvest Crunch	1/3 cup	143	2.1	8.1	N/a	29	5.7	
Quaker Life	¾ cup	118	2	5.9	27	165	1.3	
Kellogg Just Right	¾ cup	170	2	10	45	250	1	Low in fat Source of fibre
Honey Nut Cheerios	¾ cup	110	2	10	30	220	1.5	
Kellogg Corn Flakes	1 ¼ cup	110	1	2	30	220	0.3	Fat free
Kellogg Fruit Loops	¾ cup	100	1	12	25	110	0.5	Low in fat
Kraft Cream of Wheat	1-28 g. pouch	98	0.8	0.3	49	74	0.3	Excellent source iron
Kellogg Crispix	1 cup	115	0.5	3.2	28	245	0.3	

Compiled from information provided on cereal boxes, 2004.

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Choosing Crackers for Low Fat and a Source of Dietary Fibre

Cracker	Serving Size	Cal	Fat (g)	Fibre (g)	Sodium (mg)	Claims
PC Ancient Grains	28 g – 15 crackers	116	2.2	2.0	242	Source dietary fibre
PC Crisp Wheats	20 g – 4 crackers	90	2.8	2.1	155	Source dietary fibre
Original Triscuit	18 g – 4 crackers	90	3.0	2.0	120	Source dietary fibre
Quaker Rice Cakes	15 g – 1 cake	60	0.6	0	20	Low fat
Multigrain Rice Thins	20 g – 10 crackers	80	1.0	1.0	220	Low in fat
Quaker Crispy Minis	8 rice chips	62	1.6	0.4	215	Low fat
StoneWheat Thins	20 g – 3 crackers	80	2.0	1.0	280	
Premium Plus - salted Whole Wheat	20 g – 7 crackers	85	2.2	n/a	n/a	Low fat
Premium Plus – salted	20 g – 7 crackers	87	2.1	n/a	n/a	Low fat
Breton Garden Vegetable	17 g – 4 crackers	82	3.6	0.6	n/a	
Breton Sesame	17 g – 4 crackers	93	4.4	0.9	n/a	
Caberet	19 g – 4 crackers	93	4.4	0.3	n/a	
Bagel Crisps	29 g.	130	4.5	n/a	105	
Crispers – Ranch	25 g – 19 crackers	120	4.5	1.0	260	
Breton Multigrain	22 g – 4 crackers	92	4.6	1.1	n/a	
Vegetable Thins	20 g – 13 crackers	96	4.7	n/a	n/a	
Multigrain Wheat Thins	25 g – 14 crackers	120	4.7	n/a	n/a	
Graham Wafers	40 g. – 6 crackers	177	4.9	n/a	n/a	Low in Sat. Fat
Dare – Vinta	19 g – 3 crackers	100	5.0	1.0	150	
Goldfish	30 g – 14 crackers	140	6.0	1.0	250	Free of Trans Fat
Ritz – Original	25 g – 7 crackers	128	6.8	n/a	n/a	

Compiled from information provided on product boxes, 2004.

Five Tips for Healthy Eating

1. Go for Whole Grains

Whenever you can, choose whole grains such as whole wheat, wheat bran, oat bran, oatmeal, barley and bulghur. Grain products give you energy for your busy day and the fibre help to keep you regular!

Here are a few things to try:

- Start your day with a bowl of whole grain cereal
- Make sandwiches on whole grain bread
- For variety, choose whole grain and multi-grain bagels, pitas, and wraps
- Snack on whole grain crackers
- Substitute bran or whole grain flour for part of the white flour when baking
- Add barley or brown rice to soups and stews

2. Take a bite from more Vegetables and Fruit

Dark green and orange vegetables and orange fruit are best – they're packed with nutrients and fibre! Eat a variety of vegetables and fruit every day:

- Try a new vegetable or fruit every month
- Sprinkle berries over cereal
- Have a few pieces of fruit with lunch
- Have a salad with dark greens like spinach or romaine lettuce
- Snack on fresh vegetable sticks with low-fat dip
- Make a vegetable stir fry for dinner

3. Make your day with Low Fat Milk Products

Milk products provide a generous source of calcium! Here are some ways to include low fat milk products in your day:

- Drink and eat milk too – add it to soups, puddings or home baked goods
- Make a dip with low-fat yogurt
- Choose one of many fruit-flavoured yogurts for lunch
- Add cottage cheese to lasagna

4. Pick a Lean Protein

Meat and meat alternatives can be great for protein, iron and other nutrients. Meat, poultry, fish, and seafood can be cooked and prepared in many different ways. Try beans, dried peas, lentils, eggs, peanut butter and tofu for added variety to your meals. For lean protein choices:

- Bake, broil, barbecue, or stir fry meat instead of deep frying
- Try a meatless meal this week such as lentils and rice, quiche or omelette, bean salad with pita bread, or tofu burgers

5. Go Easy on Added Fats

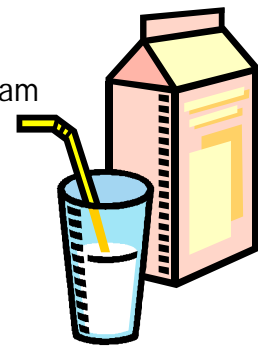
While fats and oils can add flavour to foods, try to use as little as possible. Here's how:

- Try the lower fat versions of salad dressings, mayonnaise, and peanut butter
- Try mustard, chutney or salsa on sandwiches
- Use more herbs and spices to season your food
- Add a splash of herbed or flavoured vinegar to salads



Food Tips for Eating In - For Lower Fat Meals

- Bake, broil, steam, poach, barbeque, or grill. Avoid frying or deep frying
- Grains and vegetables should be 75% of your main course; meats should only be an accompaniment.
- Ensure your gravy is low fat by skimming away fat with a spoon, bulb baster or use a fat separator.
- Beware of breaded meat and fish products! They usually contain hidden fats. Limit your frequency in using these products.
- Check food labels on frozen French fry and hash brown potato products. Some contain significant amounts of fat even for oven products.
- Use tomato based pasta sauces more often than high fat cream sauces such as Alfredo.
- Purchase light products (lower fat) instead of the regular varieties for peanut butter, salad dressings, and margarine. This can make a difference to your fat intake over time.
- Always go for low-fat dairy products; for milk 1% or skim.
- For veggie dips, try a low-fat yogurt based dip instead of a high fat salad dressing.
- Explore the fresh produce display at the grocery store and try one new fruit or vegetable per week or per month.
- Make smoothies in blender with ripe fruit and low-fat yogurt. This can be a fast breakfast snack for those early morning workouts.
- Freeze over-ripe peeled bananas in sealed sandwich bags for making muffins or smoothies later when you have time.



Sample Carbohydrate-Rich Restaurant Menus

Meal	Item	Calories	
<i>Breakfast</i>			
<u>McDonald's</u>	Orange Juice, 6 oz	85	660 Calories 85% Carbohydrates
	Pancakes with syrup	420	
	English muffin with jelly	155	
<u>Dunkin' Donuts</u>	Bran muffin, large	480	690 Calories 65% Carbohydrates
	Hot chocolate	210	
<u>Family Restaurant</u>	Apple juice, large (10 oz.)	145	610 Calories 90% Carbohydrates
	Raisin bran, 2 small boxes	220	
	1 % milk, 8 oz.	110	
	Sliced banana, medium-large	135	
<i>Lunch</i>			
<u>Sub Shop</u>	Turkey sub, no mayo	590	750 Calories 60% Carbohydrates
	Cranapple juice (8 oz.)	160	
<u>Wendy's</u>	Baked potato, plain	310	950 Calories 70% Carbohydrates
	Chili, large (12 oz.)	300	
	Frosty dairy dessert, small	340	
<u>Salad Bar</u>	Lettuce, 1 cup	15	650 Calories 60% Carbohydrates
	Green Pepper, ½	10	
	Broccoli, ½ cup	20	
	Carrots, ½ cup	20	
	Tomato, large	50	
	Chickpeas, ½ cup	160	
	Feta cheese, 1 oz.	75	
	Italian dressing, 2 tbsp.	100	
	Bread, 1 slice	200	
<i>Dinner</i>			
<u>Pizza</u>	Cheese pan pizza, 2 slices	500	650 Calories 60% Carbohydrates
	Cola, 12 oz. (no ice)	150	
<u>Italian Restaurant</u>	Minestrone soup, 1 cup	90	920 Calories 75 % Carbohydrates
	Spaghetti, 2 cups	400	
	Tomato sauce, 2/3 cup	120	
	Parmesan cheese, 1 tbsp.	30	
	Rolls, 2 large	280	
<u>Family Restaurant</u>	Turkey, 5 oz. white meat	250	950 Calories 65% Carbohydrates
	Stuffing, 1 cup	200	
	Mashed potato, ½ cup	100	
	Peas, 2/3 cup	70	
	Cranberry sauce, ¼ cup	100	
	Orange juice, 8 oz.	110	
	Sherbet, 1 scoop	120	

Ref.: N. Clark, "Nancy Clark's Sports Nutrition Guidebook 3rd Edition", 2003.