



Healthful Hot Cereals

A delicious hot bowl of cereal is a great way to start the day. An excellent source of fiber, most hot cereals are also low in fat and contain whole grain (be sure the first item in the ingredient list is whole wheat, oats, rye or barley).

Here are my top picks for hot cereals —nutritional breakdown is based on one-quarter cup dry cereal, which yields one cup cooked cereal...

McCann's

STEEL-CUT IRISH OATMEAL

Chewy with a wholesome, grainy taste: 150 calories...2 g fat...0 g saturated fat...0 g trans fat...0 mg sodium...0 g sugar...and 4 g fiber.

Bob's Red Mill

10 GRAIN HOT CEREAL

A flavorful mixture of 10 different grains: 140 calories...1 g fat...0 g saturated fat...0 g trans fat...5 mg sodium...0 g sugar...and 5 g fiber.

Hodgson Mills

OAT BRAN HOT CEREAL

Delicious taste with the heart-healthy benefits of oat bran: 120 calories...3 g fat...1 g saturated fat...0 g trans fat...0 mg sodium...0 g sugar...6 g fiber.

To liven up your hot cereal...

- Cook using skim milk or soy-milk instead of water for a creamier texture.
- Sprinkle ground cinnamon, allspice or nutmeg on the plain varieties.
- Mix in ground flaxseed or wheat germ to add omega-3s and vitamin E, respectively.
- Add blueberries, bananas or other fruit.
- Top off with chopped nuts.

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TION...PLEASE RUSH

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