Skills Worksheet

Life Skills

Practicing Wellness

CHOOSING NUTRITIOUS CEREALS

1. Read the labels on three instant breakfast cereals, **including at least one whole-grain choice**. Use the information about one serving to complete the table.

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| --- | --- | --- | --- | --- | --- |
| Name of Cereal, Main Ingredient | Grams of Carbohydrate, % of Daily Value | Grams of Fiber, % of Daily Value | Grams of Fat, % of Daily Value | Grams of Protein, % of Daily Value | Vitamins and Minerals, % of Daily Value |
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2. Evaluate the information in the table. Which cereal is the most nutritious? Explain your decision.