

## **Breakfast in a BAG**

**2 Servings**

- 1 C wheat chex cereal
- 1 C cheerios cereal
- 1/4 C raisins
- 1/4 C dried cranberries (craisins)
- 1/4 C almonds or walnuts



Put all ingredients in a bowl and toss to mix. Divide mixture in half and place in two baggies.

This makes a quick and healthy breakfast on the run, especially when you wash it down with a glass of low-fat milk or 100% fruit juice.

### **Nutrition information per serving:**

320 calories, 10 g fat\*, 1 g saturated fat, 54 g carbohydrate, 7 g dietary fiber, 15 g sugar, 280 mg sodium, 7 g protein.

\*The fat supplied by the nuts is **healthy**-monounsaturated and omega-3 fatty acids!

**Nutrition Notes:** Your best cereal choices are those that contain whole grains and have little or no added sugar. These cereals are a good source of many vitamins, minerals and dietary fiber. Look for the words "whole grain" or "whole wheat" or "oat bran" on the label. Don't forget to check out the dietary fiber content on the Nutrition Facts panel - your cereal should ideally have 3 or more grams per serving.

For more about the **importance of breakfast**, read the article in the Nutrition Information section of the Student Health Services website [www.mnsu.edu/shs/healtheducation/nutrition.htm](http://www.mnsu.edu/shs/healtheducation/nutrition.htm) .

Questions or comments??? Contact MSU nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or at [rebecca.gruenes@mnsu.edu](mailto:rebecca.gruenes@mnsu.edu). For more recipes visit our website at [www.mnsu.edu/shs/healtheducation/bmc](http://www.mnsu.edu/shs/healtheducation/bmc).