



How can cereals keep you healthy?

While starting your day, it is very important to feed yourself a healthy diet. As Indians, mostly we prefer cereals but it is very important to notice that [all cereals](#) aren't that healthy and good to start your day. Anyways there are various methods by which you can make it tasty and healthy. The first thing we need to focus on is cereal we are eating contains what and in how much quantity.



How can cereals keep you healthy?

- **What ingredients are necessary to make it healthy**

The first thing to focus in Sugar level but only Accurate sugar levels do not make your [breakfast healthy](#), you need to focus on some more ingredients such as

- **Whole Grain**

Whenever you go to buy cereals prefer buying a “Whole Grain” box, look in the label for Whole Grain as whole-grain cereals are much nourishing than their progression options. Try to buy cereals rich in whole grain oats or rice or foods like quinoa or [barley](#).

- **Fiber**

Fibers are another healthy option to look at as 3 grams of fiber per serving is good for human health.

- **Protein**

Proteins are good for health and also help in controlling blood sugar. Ingredients such as Nuts, [oats](#), and seeds are protein-rich so look for them in Cereals and make them healthy with full of proteins.

- **Whole Food-based ingredients**

Look for the ingredients you know such as fruits, wheat, nuts, grains, seeds. Many kinds of cereal are also super healthy with super [food ingredients](#) like cacao and maca. So only look for the cereals whose ingredients are well known and can be pronounced by you.

- **Natural sweeteners**

If there are no sweetened ingredients, that will be best for you but if it contains natural sweeteners like coconut sugar, fruits, dates, or even honey you can buy them. But always remember don't buy more than 5grams of sugar in any manner.

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