



**@shawn\_booth18**

#ad Can we talk about sugar for a minute? Did you know @KelloggsUS offers several cereals with 5g or less sugar per serving such as Corn Flakes, @kelloggsricekrispies and @specialk original? Overall, cereal does not contribute a lot to the amount of added sugar eaten in the U.S., especially compared to things like sweetened drinks. I like to use Corn Flakes when making a breakfast bowl! All you need is Corn Flakes and your favorite fruit - I use a combination of berries or bananas.

**@AllisonHolker**

#ad Taking a few moments for myself each morning is so important to reset and refresh. Did you know @KelloggsUS offers several cereals with 5g or less sugar per 1 ½ cup serving such as Corn Flakes, @kelloggsricekrispies and @specialk original? All of the cereals are free of high fructose corn syrup, and it's something I feel good about putting into my body.

**@VeggiesandChocolate**

#ad One of my favorite cereals is @kelloggsus Corn Flakes. Kellogg's actually makes a variety of different cereals with 5 grams of sugar or less per serving that are easy to find at any grocery store - like Corn Flakes and Rice Krispies. Plus you can get a lot of nutrients in return.

Easy tip: switch up your breakfast by making your bowl of cereal, Greek yogurt and berries into a parfait. Just layer vanilla or plain Greek yogurt, Cornflakes cereal and berries – it looks fancy but is so easy!



## @Confessionofadietitian

#ad Did you know @kelloggsUS offers several cereals with 5 grams or less sugar per serving AND all of their cereals are also free of high fructose corn syrup? This includes some of my all time favorites, like Corn Flakes and Rice Krispies. You might be surprised to learn that overall, cereal does not contribute a lot to the amount of added sugar eaten in the U.S., especially compared to things like sweetened drinks. And, you can get a lot of nutrients in return.

PS - if you notice the label on many of your favorite foods, including Kellogg's cereal, looks different, that's because for the first time in over two decades, the FDA is requiring major updates to the way packaged foods are labeled. The calories and serving size are bold and much more obvious, and added sugar is noted separately now (among other changes). Rest assured, showing the added sugar doesn't mean Kellogg's has started adding more sugar to all their cereals; these are just changes in how the label is written that makes it easier for you to compare products and choose the right one for your goals. The wide range of great-tasting and nutrient-rich Kellogg's cereal ensures there is truly something for everyone!