

# Mission In Motion

Health & Wellness  
Tip of the Week



January 21, 2013

Trying to find a healthier cereal choice? Consider these tips:

- Look for high-fiber cereal—at least 3 grams of fiber per 100 calories—made with whole wheat, wheat bran, whole barley, brown rice, oats or corn.
- Dried fruit can also add fiber.

Stay away from granola (which is high in fat) and sugary cereals—those with 10 or more grams of sugar per serving.

*Source: University of California, Berkeley Wellness Letter*

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