

Plus it up!

PLUS IT UP WITH CHEERIOS™ PROTEIN!

Good mornings start with protein! Cheerios Protein cereal has 8g of protein and 12g of gluten-free whole grains (at least 48g recommended daily) per serving. Try this tasty protein cereal with milk as part of a convenient and nutrient-dense breakfast!

Plus up your bowl of Cheerios Protein cereal with nutritious additions!¹



Portion size = 1 cup Strawberry
Cheerios Protein Cereal (8g protein)

DID YOU KNOW?

At breakfast, ready-to-eat cereal is the #1 source of whole grain for Americans 2 years and older.²



+ 1 Tbsp of nuts or seeds
(2g protein)



+ 1 medium-sized banana,
sliced (1g protein)



+ 3/4 cup skim milk
(6g protein)



**CHEERIOS HAS
OPTIONS FOR THE
WHOLE FAMILY
FOR BREAKFAST
AND BEYOND!**

For more nutrition information and resources, visit BellInstitute.com