Brought to you by General Mills Bell Institute of Health & Nutrition

MARTIN

Gluten Free

Strawberry

Cheerios

Protein

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

Gener

Gluten Free

Cinnamon

Cheerios

Protein

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



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**









1 Food Nutrition Database: Food & Ingredient Database. ESHA Research, <u>esha.com/nutrition-database</u>. Accessed 21 Jan. 2025

 CDC. "National Health and Nutrition Examination Survey." National Health and Nutrition Examination Survey, 30 Dec. 2024, <u>https://www.cdc.gov/nchs/nhanes/index.html</u>.