

# For your Health and Wellness!

## The 10 Worst Kids Breakfast Cereals

Information taken from fitbie and the editors of Prevention

Your child's morning meal may pack more sugar than a Twinkie! According to a new study from the Environmental Working Group, three-fourths of the 84 popular children's cereal brands failed to meet the federal government's guidelines on what makes food nutritious enough to be marketed to kids.

Here are the top 10 sugar-bomb cereals, ranked by percent weight in sugar

1. Kellogg's Honey Smacks: 56% sugar
2. Post Golden Crisp: 51.9% sugar
3. Kellogg's Froot Loops Marshmallow: 48.3% sugar
4. Quaker Oats Cap'n Crunch All Berry: 46.9% sugar
5. Quaker Oats Cap'n Crunch Original: 44.4% sugar
6. Quaker Oats OH!s: 44.4% sugar
7. Kellogg's Smorz: 43.3% sugar
8. Kellogg's Apple Jacks: 42.9% sugar
9. Quaker Oat's Cap'n Crunch's Crunch Berries: 42.3% sugar
10. Kellogg's Froot Loop's Original: 41.4% sugar



Unfortunately, it might be hard to get your kid to dump Toucan Sam and start loving granola. And then there is the powerful advertising!!! Cereal companies have spent fortunes on convincing parents that a kid's breakfast *means cereal*. Guess who developed the FOOD PYRAMID? The cereal companies, of course back in the 1960's/1970's. *And that's about the time when childhood obesity started taking hold!*

In a prior weekly handout I talked about the addictive quality of sugar. It changes brain chemistry, can make kids hyperactive and aggressive. Kids lose their vitamin stores and it wipes out minerals in the body. Simple carbohydrates raise the cholesterol (not fats in the diet) and can throw off thyroid function. Gee maybe the drug companies and the food manufactures are working hand-in-hand!

How about some real food in the morning? All meals should consist of a protein, complex carb (fruit or veggie) and a fat. Yes that's right, I said FAT. Butter, oil, healthy fat. Bag the sugars!

The patients who are receiving Nutrition Response Testing here in the office are getting healthier and healthier. Whole food nutrition is the building blocks that the body needs to heal and restore. It may take awhile to reverse the effects of the crap we've eaten for so long. This helps in weight loss (most overweight people are toxic) and helps the Chiropractic adjustments, "hold" and work better. Interested in more info? Just ask Dr. Caprile or Silke. We are putting together in office seminars on the things you'd like to know about. News on this soon.

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