

Cereal, Whole Wheat Squares, Ready-To-Eat, Dry

MyPlate Food Group: **Grain**



Product Description

- Whole Wheat Squares is a ready-to-eat cereal with added vitamins and minerals but no added sweeteners.

Storage

- Store unopened boxes of wheat squares in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.

Uses and Tips

- Top wheat squares with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Eat dry wheat squares as a healthy afternoon snack.
- Wheat squares can be used in a variety of recipes calling for dry, ready-to-eat cereal.

Nutrition Information

- 1 cup of wheat squares counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- 1 cup of corn squares provides 70% of daily recommended amount of iron.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 cup (31g) wheat squares cereal

Amount Per Serving

Calories 200 **Calories from Fat** 10

-% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 44g	16%
Dietary Fiber 7g	3%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Springtime Cereal

Makes about 2 servings

Ingredients

- ¾ cup wheat squares cereal
- ¼ cup bran cereal
- 2 teaspoons sunflower seeds (toasted)
- 2 teaspoons almonds (toasted)
- 1 tablespoon raisins
- ½ cup banana (sliced)
- 1 cup strawberries (sliced)
- 1 cup yogurt

Directions

1. Mix the wheat cereal and bran cereal, sunflower seeds, and almonds in a medium bowl.
2. Add the raisins, the bananas, and halve the strawberries.
3. Gently stir in the yogurt and divide between two bowls.
4. Scatter the remaining strawberries over the top and enjoy!

Recipe adapted from SNAP-ED recipe finder