The Most Nutritious Food - Cereals and Ways to Serve It by Treeves

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Cereals are an essential food suitable for all age groups and are usually eaten as breakfast. It includes grains such as rice, barley, wheat, oats, corn and rye and is rich in carbohydrates, protein, vitamins and minerals, all of which are very much important for the growth and suffice the nutrient requirements of our body. Made from natural grains, produced by plants that belong to the grass family, cereals are easy and simple to make. The grains are processed to and then manufactured into various food products like cereals, flour and course meal which can be easily digested by us than consuming the grains directly. The rich nutrients found in grains are still retained when they are produced in various forms.

The concentration of nutrient in each type of grains differs while most of them are common like gluten, albumen, casein, and fibrin, together with starch, dextrin, sugar, and fatty matter, and also mineral elements and cellulose. A study reveals that the combined nutritive value of foods prepared using various cereals is almost three times that of beef, mutton, or poultry. When consumed in equal proportions, these grains meet the elementary requirements of our system more than any other type of food and stands above all. In olden days, grains and other products made from grains were largely the staple food of many cultures. The simple grain, in some civilization was the main source of agriculture and was consumed as the main food and has always been a part of the diet of many communities. The most easy and simple way of utilizing grains in our diet is in the form of cereals.

Cereals usually made with the whole grains are healthier. Though cereals are mainly eaten as a breakfast food, it can be a perfect food for lunch, dinner, or as a snack in between. There are various ways of eating cereals, with the simplest being, eaten with milk or you can just gorge a handful right of the box. It's quick and easy and when served with tantalizing toppings and accompaniments, there is no match for the taste and is fantastic. I always surf on the Internet of my computer connected by Verizon FiOS Internet to find new recipes and new ways of making cereals. There are numerous blogs and food sites that post different preparation of cereals, various complements to make it taste better along with the health aspects of it, often with attractive pictures that lure people like me.

There are different types of cereals widely enjoyed and eaten by many with a few famous ones like Fruit Loops, Frosted Flakes, Various kinds of Cheerios, Recess Pieces, Cookie Crisp, LIFE, Cinnamon Toast Crunch, Fruity Pebbles, Raisin Bran, Cocoa Puffs, Lucky Charms and several others that come in different size packs available in the your next-door grocery store. There many companies into the business of processing these cereals, supplying it to the consumers keeping-up with quality and adhering to the regulations. It is always better to know about the company and its brand before you purchase the cereals. Check for the nutritional facts and a little research on the same should help serve you the above purpose.

Cereals are usually not cooked and eaten directly with liquids like milk or yogurt often jazzed with sugar, honey, various syrups, chocolate sauces, whipped creams, fresh fruits or dry fruits. This humble breakfast food is good for the stomach as it is easily digestible due to high fiber content. It also helps to reduce weight related issues and health problems that require cut-down on cholesterol. The tiny cereals are filled with energy and proteins and just one serving of cereals will pack you with the necessary nutrients required for healthy diet.

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Tina is a freelancer who likes to write about nutritious and diet foods like cereals and researches on a Verizon FiOS Internet for new recipes to pep-up boring breakfast like cereals and enjoy it.

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