

Discover the Health Benefits of Cereal on National Cereal Day

BATTLE CREEK, Mich., March 7, 2025 /PRNewswire/ -- National Cereal Day (March 7) is the perfect time to rediscover the original breakfast classic of cereal and the benefits that can be found in the cereal aisle today. Many people may not know that cereal is the No. 1 source of fiber for kids.¹ Cereal eaters also get more essential nutrients than non-cereal eaters and consume no more added sugar than those who don't eat cereal.²

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