

# How to choose corn flakes

## Detail Introduction :

Corn flakes are a good breakfast food. The Corn Flakes Making Machine can produce corn flakes with various flavors. The corn flakes currently on the market are mainly light, sweet, and salty, with colors such as yellow, brown, and purple. Corn flakes are nutritious, sweet and crisp, unique in taste, and the price is cheap, so the market is very good.

There are many kinds of corn flakes on the market, and the grains contained in them are different. Some add artificial colors, artificial sweeteners, etc. Some of them are not suitable for children to eat with a lot of salt, so everyone before choosing, You should pay special attention to the ingredient list and ingredients.



Almost all corn flakes have added sugar. As long as it is not too high, you can choose according to your preference. For the choice of corn flakes, you can follow the following methods:

### 1. Made from raw whole grains

Most corn flakes use whole grains such as oats, brown rice or corn flour as the first ingredient, and most of them have a content of more than 70%. When choosing, you can choose corn flakes composed of a variety of grains. You can eat several kinds of corn flakes together, or you can eat different kinds of corn flakes.

### 2. Pay attention to whether to add too much sugar

Some corn flakes have too much sugar added, and different corn flakes have different sugars, such as maple syrup, caramel, glucose syrup, etc. If there is no abundant other foods to match, it should be noted that the breakfast became dessert. Under the principle of moderation, the sweetness and the specific sweetener can be selected according to personal preference.

### 3. Some nutrients will be destroyed during processing

During the processing of corn flakes, some of the nutrients may be destroyed during the extrusion process. Compared with corn, the nutrition of corn flakes is slightly lower, but the nutritional value is still relatively high, which is a good food. It can be said to be a great milk companion, especially for children who are interested in milk. You can try some special-shaped corn flakes to attract children.

#### 4. Look at the vitamin and mineral content

Many corn flakes are added with a variety of vitamins and minerals and other trace elements, such as vitamin A and vitamin C. According to your actual situation, you can give preference to some corn flakes with fortification for nutrition. For example, if you have iron deficiency anemia, you can choose iron-fortified cereal breakfast.



#### 5. Look at the cellulose content

On the basis of choosing low-sugar corn flakes, you can give preference to those with a relatively high cellulose content. The human body's demand for cellulose is still very high. For breakfast, if the content of cellulose in corn flakes is not enough, you can add some nuts, dried fruits and vegetables when brewing to ensure vitamin supplementation.

Corn flakes can be selected according to the sugar content and taste as well as their own conditions, taking into account the taste and nutrition, and the most important thing is a variety of combinations. Choose according to the principle of less portion and more combination. In fact, most corn flakes on the market can be used as one of the options for a rich breakfast, and some of them are original cereals specially designed for children, as snacks.

The above is about how to choose corn flakes. The Corn Flakes Making Machine has excellent performance in producing corn flakes. It can produce many types of corn flakes or other grain foods. You can mix and match when choosing. Try all of them. Mix them together to achieve better results.