

# What are the main ingredients and nutritional ingredients of cereal breakfast?

## Detail Introduction :

The **Cereal Production Line** can produce many types of cereal breakfasts, the common ones are corn flakes, oatmeal, red date flakes, custard stars, etc. The main raw materials of cereal breakfast are generally corn, rice, black rice, wheat, oats, buckwheat, etc. This is a nutritious and convenient food. The following mainly talks about the main raw materials and nutritional components of cereal breakfast.



### 1. Corn

Corn is rich in sugars, protein, carotene, progesterone, phosphorus, magnesium, potassium, zinc and other minerals, which are very beneficial to the body's conditioning. It is rich in amino acids, which can promote the metabolism of brain cells and eliminate the ammonia in the tissues of the brain, which has the effect of delaying aging. It also has a good effect and effect on preventing and treating high blood pressure, eye disease and coronary heart disease, reducing body blood fat and serum cholesterol.

### 2. Rice

Rice can provide a wealth of vitamins, oryzanol, protein, anthocyanins and other nutrients. It can nourish the qi, invigorate the spleen and stomach, nourish the essence and strengthen the vitality, harmonize the five internal organs, clear the blood vessels, improve the eyesight, relieve irritability, and quench thirst, The effect of antidiarrheal. Rice also has skin care effects. Rice extract is used as the main ingredient. It is mild and safe, has a strong whitening effect, and can replenish the lack of moisture in the skin, making the skin smooth, delicate and full of elasticity.

### 3. Black rice

Black rice contains protein, carbohydrates, B vitamins, vitamin E, calcium, phosphorus, potassium, magnesium, iron, zinc and other nutrients. Eyes and other curative effects. Regular consumption of black rice can help prevent and treat symptoms such as dizziness, dizziness, anemia, white hair, eye disease, waist and knee weakness, dryness of the lungs and cough, constipation, poor urination,



kidney deficiency and edema, loss of appetite, and weakness of the spleen and stomach.

#### 4.Wheat

The main components of wheat are carbohydrates, starch, protein, amino acids and B vitamins. It has high nutritional value. Its main functions are nourishing the heart, nourishing the kidney, harmonizing blood, and invigorating the spleen, as well as eliminating troubles, hemostasis, and diuresis. , The role of lungs. Wheat flour has the effects of skin rejuvenation, wrinkle removal, and freckles. The insoluble dietary fiber in wheat can prevent constipation and cancer.

#### 5.Oats

The content of protein, fat, and dietary fiber in oats are higher than other cereal crops. It can be said to be the best full-price nutritious food in cereals, which can meet the basic dietary requirements of contemporary people. Compared with other grains, oatmeal has anti-lipid components, high water-soluble colloids, and nutritionally balanced protein. It has a very important value for improving human health.



#### 6.Buckwheat

Buckwheat is rich in nutrition. The content of protein, fat, vitamins and trace elements is higher than that of bulk grains such as rice and wheat, and it contains chlorophyll and rutin that other cereal grains do not have. At the same time, buckwheat is also rich in minerals. The content of potassium, magnesium, copper, chromium, zinc, calcium, and manganese is much higher than that of cereal crops. It also contains trace elements such as boron, iodine, diamond, and selenium.

The main effects of buckwheat are anti-bacterial, anti-inflammatory, anti-tussive, and expectorant. Buckwheat contains flavonoids, which can effectively resist pathogenic bacteria. For people with respiratory inflammation, you can eat more buckwheat to relieve symptoms. Buckwheat can also lower blood fat and blood sugar. Buckwheat is rich in chromium, which can enhance the activity of insulin, promote the secretion of human insulin and prevent diabetes.

The above is an introduction to the main ingredients and their nutritional components of breakfast cereals. **Cereal Production Line** can use these as raw materials to produce different types of breakfast cereals. After reading the above content, I hope it will be helpful to you.