

Glossary

1. **Breakfast cereal** :-Some cereals mainly used for breakfast, they are called breakfast cereals. Breakfast cereal is a food made from processed grains that is often eaten as the first meal of the day. It is eaten hot or cold, usually mixed with milk, or fruits or yogurt.
2. **Chocapic** is a chocolate-flavoured whole-grain , distributed by Nestle in most of Europe and Latin America. The cereal consists of cocoa flavored wheat flakes and also that Chocapic has a strong chocolate flavor.
3. **Cornmeal** is a meal ground from dried maize or corn. It is a common staple food and is ground to fine, medium, and coarse consistencies, but not as fine as wheat flour.
4. **Ready-made/ Breakfast Mixes:** These are dry or liquid mixes of other whole, flaked or ground cereal or grain with other ingredients. Idli or dosa batter, upma or poha mix are some examples.
5. **Ready to cook:** Cereals that have to be cooked in milk, water or oil belong to this category. It includes instant and quick cooking oats, oatmeal, farina, porridge and muesli.
6. **Oats:**Oat bran is the outer casing of the oat. Its daily consumption over weeks lowers LDL ("bad") and total cholesterol possibly reducing the risk of heart disease.Oats contain more soluble fiber than any other grain, resulting in slower digestion and soluble fiber, beta-glucans, has been proven to lower cholesterol.
7. **Red River Cereal** is a porridge, or hot cereal, made of wheat, rye and flax, produced in USA (since 2012), with some availability elsewhere. It was first created in 1924 in Manitoba. The cereal takes its name from the **Red River of North**, more specifically the valley around Winnipeg.
8. **Flattened rice** (also called **beaten rice**) is a dehusked rice which is flattened into flat light dry flakes.They are most famously known as "Pohe" in malwa region.

9. **Wheat flakes:** It is a modification of wheat porridge and is a nice change from run-of-the-mill breakfast cereals. But unless fortified with extra calcium, it is not much use having just wheat flakes for breakfast
10. **Oatmeal:** A bowl of oats in the morning is great for those suffering high cholesterol and diabetes, provided you don't add extra sugar to it. The high fibre content in oats balances the blood sugar, and relieves people prone to depression.
11. **Muesli:** Muesli is a great breakfast choice as it has raisins, almonds and four different grains. The comparatively high sugar content in muesli keeps growing children and those into sports, energetic.
12. **Pseudo-Cereal Grains:** The 'pseudo-cereal' group are not part of the Poaceae botanical family, in which 'true' grains belong, however they are nutritionally similar and used in similar ways to 'true' grains.
13. **Bulgur :** Bulgur-a popular side dish in the Middle East-Wheat kernels that have been steamed, dried, and crushed