How to Find Higher-Fiber Foods

Kellogg's®

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The easiest way to learn about nutrition in foods is to check the Nutrition Facts Panel. The Nutrition Facts Panel provides information on the serving size, calories and percent Daily Value (DV) of many key nutrients, including fiber.

Because FDA regulates these nutrient content claims, if a food claims to be "high in fiber" or a "good source of fiber," you can be assured that it really is.

- Good Source of Fiber = at least 10 percent daily value of fiber or at least 2.5g of fiber per serving.
- Excellent Source of Fiber = at least 20 percent daily value of fiber or 5g of fiber or more per serving.

Nutrition Facts

Serving Size ¾ Cup (31g/1.1 oz.)
Serving Per Container About 15

Amount Per Serving	Cereal	Cereal with ½ Cup Vitamins A&D Fat Free Milk
Calories	110	150
Calories from Fat	5	5
	% Daily Value**	
Total Fat 0.5g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 190mg	8%	11%
Potassium 30mg	1%	7%
Total Carbohydrate 27g	9%	11%
Dietary Fiber 3g	12%	12%
Sugars 10g		
Other Carbohydrate 14g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Whole-Grain Tip

Don't assume that products with whole-grain claims are good sources of fiber. They may not be. It's important to always check the Nutrition Facts Panel for the grams of fiber per serving.

For more information you can count on everyday, visit www.kelloggsnutrition.com.

Fiber-At-A-Glance

Many foods commonly consumed in the American diet contain little dietary fiber. The following table provides a guide to the typical fiber content of an average serving of a range of different foods.[1]

		Good Source of Fiber		High in Fiber
Food Group	**1.25 to 2.4g**	**2.5 to 3.4g**	**3.5 to 4.9g**	**5g or more**
• Breakfast cereals (per average bowl)		• Granola • Oatmeal	• Oat Bran Flakes • *Kellogg's® Müeslix®*	*Kellogg's®* • *All-Bran®* Extra Fiber • *All-Bran®* Original • *All-Bran®* Complete Wheat Flakes • *Cracklin' Oat Bran®* • *Raisin Bran* • *Mini-Wheats®*
• Cereal bars • Bread (1 slice) • Crackers • Pastries	• *Kellogg's® Nutri-Grain®* bar • Graham crackers (2 squares)	• *Kellogg's® Nutri-Grain®* pancakes (3) • *Kellogg's® Nutri-Grain®* whole-wheat waffles (2) • Bread, rye • Bread, wheat • Wafer crackers, rye (1)		*Kellogg's®* • *All-Bran®* Crackers • *Pop-Tarts®* Whole Grain with Fiber toaster pastries
• Potatoes, pasta and rice (1 cup servings, unless specified other-wise)	• Couscous • White rice, long-grain enriched	• Wild rice	• Baked potato, with skin (1) • Brown rice, long-grain • Sweet potato, baked (1)	• Bulgur • Barley • Pasta, whole wheat
• Vegetables (1 cup, unless specified otherwise)	• Tomato (1 medium) • Coleslaw • Corn (1 ear) • Summer squash (all types)	• Asparagus (frozen) • Beets (canned) • Cabbage • Green beans (canned) • Carrots	• Brussel sprouts • *MorningStar Farms®* veggie pattie (1) • *MorningStar Farms®* black bean burger (1) • Cauliflower	• Broccoli • Lentils • Lima beans • Black beans • Kidney beans • Great Northern beans • Green peas • Pinto beans • Chickpeas (garbanzo beans) • Refried beans • Spinach (frozen) • Winter squash (all types)
• Fruit (1 medium)	• Avacado • Cantaloupe (1 cup) • Nectarine • Peach • Kiwi • Cherries (10)	• Apple (with skin) • Banana • Orange • Strawberries (1 cup) • Fruit cocktail (1 cup)	• Blueberries (1 cup) • Mango (1) • Plantain	• Raspberries (1 cup) • Blackberries (1 cup) • Papaya • Pear
• Dried fruit and nuts	• Peanuts, dry roasted (1 oz.) • Macadamia, dry roasted (1 oz.)	• Apricots (10) • Dates (5) • Sunflower seeds, dry roasted (1 oz.) • Pecans (1 oz.) • Pistachio (1 oz.) • Prunes (5)	• Almonds (1 oz.) • Coconut • Figs (2)	
• Miscellaneous	• Tortilla chips, white corn (1 oz.)	• White wheat flour (100g)		• Chili corn carne with beans (1 cup) • Wheat flour, whole grain (100g)

[1] USDA National Nutrient Database for Standard Reference, plus Kellogg Company Nutrition Facts Panels.

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