

# Fun Facts About Fiber

## EAT IT WHOLE!



Food changes when processed and its fiber content may change too! Look at how the amount of fiber changes when whole apples are turned into juice!

1 whole apple, with peel	3.7 grams of fiber
1 whole apple, without peel	2.4 grams of fiber
1/2 cup apple sauce	1.5 grams of fiber
3/4 cup apple juice	0 grams of fiber

## FIBER & FOOD LABELING

Food packages often advertise claims about the nutritional value that food. Use the guidelines below when looking for high-fiber foods.



- **“Good Source”** means at least 3 grams of fiber per serving
- **“Excellent Source”** means at least 5 grams of fiber per serving
- Look for **“whole grain”** or **“whole wheat”** in the beginning of the ingredient list

## 5 TIPS FOR A FRESH START WITH FIBER

1. **Get a Breakfast Boost:** Wake up to a nutritious, high-fiber breakfast cereal (5 or more grams of fiber per serving). You'll meet nearly 15% to 25% of your daily fiber needs.
2. **Become a Topper:** Don't forget the fiber-filled toppers like: bananas (3.1 grams each), blackberries (about 3.8 grams per 1/2 cup), or hummus (2 tablespoons has 1.6 grams) while enjoying cereal, a whole-wheat bagel, or oatmeal.
3. **Enjoy Fruity Snack Attacks:** When you feel the urge for a snack, be sure you have fresh or dried fruit on hand for a quick bite. A 1/2 cup of papaya has 5.5 grams of fiber and 5 rings of dried apples has almost 3 grams of fiber.
4. **Peels Are a Plus:** Get the most fiber from fruits and vegetables by leaving the peels on. If you're worried about dirt and pesticides, rinse your produce in warm water before eating. Remember, whole foods have more fiber than juices.
5. **Go Easy On Yourself:** When you or your parents are shopping, grab bags of ready-to-eat fresh vegetables, like baby carrots and salad mixes. And look for packaged, pre-sliced fruits (peels on).



# Fiber Activity



Besides helping move food through the digestive system, fiber also reduces the risk of heart disease and assists in maintaining normal blood sugar levels. So, it is important to make sure you help your body get the 20 – 40 grams of fiber it needs every day!

## ACTIVITY 1: GRAIN STATION

At the “Grain Station,” there is a variety of cereals that contain fiber. Read the food labels and determine which products qualify as a “good source” of fiber (Remember: 3 grams or more per serving).

Complete the chart below.

Cereals that qualify as a “good source” of fiber:



Name of Cereal	Grams of Fiber

## ACTIVITY 2: FUN TASTE TEST

Now taste four different kinds of cereal that are a “good source” of fiber.

Name of Cereal	Grams of Fiber	Did you like it?		
		Yes	or	No
		Yes	or	No
		Yes	or	No
		Yes	or	No



### Life Cereal

<b>Nutrition Facts</b>	
Serving Size 3/4 cup 1 NLEA serving 32g (32 g)	
Amount Per Serving	
<b>Calories</b> 119	Calories from Fat 13
% Daily Value*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 164mg	7%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 2g	8%
Sugars 6g	
<b>Protein</b> 3g	

### Instant Cinnamon Oatmeal

<b>Nutrition Facts</b>	
Serving Size 1 packet prepared 165g (165 g)	
Amount Per Serving	
<b>Calories</b> 177	Calories from Fat 19
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	2%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 249mg	10%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber 3g	12%
Sugars 16g	
<b>Protein</b> 4g	

### Kashi Heart to Heart

Nutrition Facts:	
Serving Size: 3/4 cup (33g/1.2oz)	
Servings Per Container: About 11	
Amount/Serving	
%Daily Value**	
Calories 110	
Calories from Fat 15	
Total Fat 1.5g*	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Potassium 100mg	3%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	18%
Soluble Fiber 1g	
Insoluble Fiber 4g	
Sugars 5g	
Other Carbohydrate 15g	
Protein 4g	

**Ingredients:** WHOLE OAT FLOUR, OAT BRAN, EVAPORATED CANE JUICE, YELLOW CORN MEAL, CORN FLOUR, **KASHI SEVEN WHOLE GRAINS AND SESAME®** FLOUR (WHOLE: OATS, LONG GRAIN BROWN RICE, RYE, HARD RED WINTER WHEAT, TRITICALE, BUCKWHEAT, BARLEY, SESAME SEEDS), OAT FIBER, WHEAT GERM, HONEY, SALT, DECAFFEINATED GREEN TEA EXTRACT, SODIUM BICARBONATE, ALPHA TOCOPHEROL ACETATE (NATURAL VITAMIN E), ASCORBIC ACID (VITAMIN C), NATURAL FLAVOR, ACTIVIN®\* GRAPE SEED EXTRACT, DECAFFEINATED WHITE TEA EXTRACT, TURMERIC FOR COLOR, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FERROUS FUMARATE, ZINC OXIDE, BETA CAROTENE (SOURCE OF VITAMIN A), FOLIC ACID, VITAMIN B12

# Kellogg's® Froot Loops®

## Nutrition Facts

Serving Size 1 Cup (29g/1.0 oz.)

Amount Per Serving	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk	
	Cereal	Fat Free Milk
<b>Calories</b>	110	150
Calories from Fat	10	10
<b>% Daily Value**</b>		
<b>Total Fat 1g*</b>	<b>2%</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>	<b>3%</b>
Trans Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>
<b>Sodium 135mg</b>	<b>6%</b>	<b>9%</b>
<b>Potassium 30mg</b>	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>	<b>10%</b>
Dietary Fiber less than 1g	<b>3%</b>	<b>3%</b>
Sugars 12g		
Other Carbohydrate 12g		
<b>Protein 1g</b>		
Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	25%	25%
Vitamin B <sub>12</sub>	25%	35%
Zinc	10%	15%

\* 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

**INGREDIENTS:** SUGAR; CORN FLOUR; WHEAT FLOUR; OAT FLOUR; PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN)†; SALT; SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C); REDUCED IRON; NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME, AND OTHER NATURAL FLAVORS; RED #40; BLUE #2; YELLOW #6; ZINC OXIDE; NIACINAMIDE; TURMERIC COLOR; BLUE #1; PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>); RIBOFLAVIN (VITAMIN B<sub>2</sub>); THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>); VITAMIN A PALMITATE; ANNATTO COLOR; BHT (PRESERVATIVE); FOLIC ACID; VITAMIN D; VITAMIN B<sub>12</sub>.

† LESS THAN 0.5g TRANS FAT PER SERVING.

# Kellogg's® Raisin Bran®

## Nutrition Facts

Serving Size 1 Cup (59g/2.1 oz.)

Servings Per Container About 12

Amount Per Serving	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk	
	Cereal	Fat Free Milk
<b>Calories</b>	190	230
Calories from Fat	15	15
<b>% Daily Value**</b>		
<b>Total Fat 1.5g*</b>	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>
<b>Sodium 350mg</b>	<b>15%</b>	<b>17%</b>
<b>Potassium 360mg</b>	<b>10%</b>	<b>16%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>	<b>17%</b>
Dietary Fiber 7g	<b>28%</b>	<b>28%</b>
Sugars 19g		
Other Carbohydrate 19g		
<b>Protein 5g</b>		
Vitamin A	10%	15%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	25%	25%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	20%	30%
Magnesium	20%	25%
Zinc	10%	15%
Copper	10%	10%

\* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (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

**INGREDIENTS:** WHOLE WHEAT, RAISINS, WHEAT BRAN, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT FLAVORING,

**VITAMINS AND MINERALS:** NIACINAMIDE, REDUCED IRON, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B<sub>12</sub> AND VITAMIN D.

# Kellogg's® Frosted Flakes®

## Nutrition Facts

Serving Size 3/4 Cup (30g/1.1 oz.)

Servings Per Container About 16

Amount Per Serving	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk	
	Cereal	Fat Free Milk
<b>Calories</b>	110	150
Calories from Fat	0	0
<b>% Daily Value**</b>		
<b>Total Fat 0g*</b>	<b>0%</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>
<b>Sodium 140mg</b>	<b>6%</b>	<b>9%</b>
<b>Potassium 20mg</b>	<b>1%</b>	<b>6%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>	<b>11%</b>
Dietary Fiber 1g	<b>3%</b>	<b>3%</b>
Sugars 11g		
Other Carbohydrate 15g		
<b>Protein 1g</b>		
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 <sub>6</sub>	25%	25%
Folic Acid	25%	25%
Vitamin B <sub>12</sub>	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

**INGREDIENTS:** MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN B<sub>12</sub> AND VITAMIN D.