

# 10 TIPS TO GET YOUR DAILY FIBER

*Have you heard the news? Most Americans only get about half of the recommended 25 grams of fiber each day. With Fiber One® cereal, it's easier than ever to increase your daily fiber intake. Fiber One has 57% of the daily fiber recommendation in one ½ cup serving. Try using these 10 simple tips each day to help reach your fiber goals.*



1

#### Scan for Bran

Look for “bran,” “whole grain” and “whole wheat” on product packages and ingredient labels. These ingredients can help boost fiber intake.

*(½ cup Fiber One = 14g fiber. 1¼ cup Fiber One® Honey Clusters® = 14g fiber)*



2

#### Grab the Whole Food

Munch on a whole piece of fruit, in place of drinking a glass of juice. You'll get the nutrients and the fiber too. *(1 medium orange = 3g fiber)*



3

#### Savor the Skins

Eat fruit and vegetables with the skin on. Eating the skin helps to bump up the fiber, plus it provides texture and a bonus of other nutrients. *(1 medium baked potato with skin on = 4g fiber)*



4

#### Screen for Beans

Replace your typical side dishes with high-fiber dried peas and beans, such as kidney, pinto, lentils or black-eyed peas. These fiber-packed legumes make it easier to meet daily fiber goals.

*(½ cup canned red kidney beans = 8g fiber)*



5

#### Go Nuts

Jazz up salads, vegetables, snacks and desserts with almonds, sunflower seeds or soy nuts.

Nuts and seeds add fiber and fun-to-chew crunch to foods. *(1 ounce roasted almonds = 3g fiber)*



6

#### Be Berry Wild

Choose raspberries, blackberries and boysenberries to add variety to your cereals. These berries have twice the fiber of many other fruit selections. *(½ cup fresh raspberries = 4g fiber)*



7

#### Bring on the Brown

Use brown rice instead of white. Switch to whole-wheat pasta, whole-wheat flour, whole-wheat breads and whole-grain crackers instead of regular white versions. *(1 cup brown rice = 3g fiber)*



8

#### Skip the Chips

Select snacks that are a good source of fiber. Instead of potato chips, go for low-fat popcorn, whole-grain pretzels or oven-crisped whole-wheat pita triangles. *(3 cups popcorn = 4g fiber)*



9

#### Drink Up

Water is a healthy beverage choice—especially as you up the fiber. Your body needs more water to help process the added fiber you eat. Aim for eight 8-oz glasses of water each day.



10

#### Sneak in Some Fiber One®

Mix Fiber One into your favorite side dishes or top yogurt, salads or oatmeal. Even a small amount of Fiber One makes a difference. *(¼ cup Fiber One for sprinkling = 7g fiber)*

**FIBER**  
**ONE**®  
BRAN  
CEREAL



# FIBER COUNTER

Fiber One® cereal, with 14 grams of fiber per ½ cup serving, is an easy way to help you get the fiber you need. Adding just one bowl of Fiber One daily to a diet already containing fiber can help you meet the daily fiber recommendation. Let's take a look at some fiber arithmetic.









½ cup Fiber One cereal with milk

1 medium banana

Sandwich on two slices whole wheat bread

½ cup green peas

25 g







1 ¼ cups Fiber One® Honey Clusters®

Yogurt with ¼ cup Fiber One

1 medium baked potato (with skin)

1 medium apple

28 g







½ cup Fiber One cereal with milk

1 medium orange

½ cup carrots

½ cup canned kidney beans

27 g







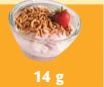




½ cup Fiber One cereal with milk

1 cup raspberries

½ cup Brussels sprouts

½ cup broccoli

27 g

½ cup Fiber One cereal with Yogurt

½ cup raisins

1 medium pear

½ cup green peas

26 g

## Mix it up with Fiber One

Boost your fiber intake with these quick and easy mix-in ideas. Just a small amount of Fiber One can make a difference and help you get closer to getting the daily fiber recommended by experts, 25 grams per day.

- Mix in Fiber One to your favorite ready-to-eat cereal, or stir into hot oatmeal.
- Garnish a fresh garden salad with Fiber One as a substitute for croutons.
- Stir Fiber One into your favorite fruit yogurt for a creamy, crunchy delight.
- Create a unique snack mix by combining Fiber One, pretzels, cereal, and seeds.
- Sprinkle Fiber One over your favorite soup for crunchy variety.
- Punch up the fiber in brownies or cookies by adding nuts and Fiber One.
- Blend Fiber One into dips and serve with fresh veggies for fun snacking adventures.
- Top chicken or fish with a crispy coating of crushed Fiber One before baking.
- Cover casseroles or baked vegetables dishes with Fiber One and melted cheese.
- Add Fiber One to fruit and nut trail mixes for tasty snacking on-the-go.

Take advantage of the flavor, crunch and creativity you have with Fiber One cereal to create simple fiber solutions.

Get More Fiber Information & Tools at [www.fiberseekers.com](http://www.fiberseekers.com)

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