

HIGH FIBER CEREALS

PRODUCT NAME	Serving size	Kcal	Fiber (grams)	Total Sugar (grams)	CHO (grams)	PRO (grams)	Fat (grams)	Exchange Value
Quaker Oat Bran	1 ¼ cup	210	6	9	43	7	3	2 ½ starch
Corn Bran	¾ cup	90	5	6	23	2	1	1 ½ starch
Oatmeal multigrain	½ c dry	130	5	1	29	5	1.5	2 starch
<u>KASHI</u>								
Go Lean	1 cup	140	10	6	30	13	1	2 starch
Heart To Heart	¾ cup	110	5	5	25	4	1.5	1 ½ starch
Good Friends	1 cup	170	12	9	43	5	2	3 starch
Cinna-Raisin Crun	1 cup	170	8	13	41	4	1.5	3 starch
<u>GENERAL MILLS</u>								
Fiber One	½ cup	60	14	0	24	2	1	1 ½ starch
Total Raisin Bran	1 cup	180	5	20	43	4	1.5	2 ½ starch
Fiber One w/honey	1 ¼ cup	170	14	5	47	3	1	2 starch
Multibran Chex	1 cup	190	7	11	46	4	1.5	2 ½ starch
<u>NABISCO</u>								
100% Bran	1/3 cup	80	8	7	23	4	.5	1 ½ starch
Shredded wheat bran	1 ¼ cup	200	8	1	47	7	1	3 starch
Frosted wheat bite	1 cup	290	5	11	45	4	1	3 starch
Shredded Wh Origin	2 biscuits	160	5	0	38	5	.5	2 ½ starch
Wheatena	1/3 c dry	150	5	0	32	5	1	2 starch
Uncle Sam's	¾ cup	190	10	4	38	7	5	2 starch ½ fat
<u>POST</u>								
Shredded Wheat	1 cup	170	6	0	40	6	1	2 ½ starch
Raisin Bran	1 cup	190	8	19	46	4	1	3 starch/1fruit
Grape Nuts	½ cup	200	6	5	47	7	1	3 starch
<u>KELLOGG'S</u>								
All Bran original	½ cup	80	10	5	23	4	1	1 ½ starch
All Bran extra fiber	½ cup	50	15	0	22	4	1	1 ½ starch
Bran Buds	1/3 cup	70	13	8	24	2	1	1 starch
Cracklin Oat Bran	¾ cup	200	6	15	35	4	7	2 starch/2fat
Frosted miniwheat	1 cup	200	6	12	48	6	1	3 starch
Smart Start	1 ¼ cup	230	5	17	49	6	2	3 starch
CompleteBranFlake	¾ cup	90	5	5	23	3	.5	1 ½ starch
Raisin Squares	¾ cup	180	5	12	44	4	1	2 ½ starch