1. How much fibre should an adult consume every day?
   - 18g
   - 25g
   - 30g

2. Women eat less fibre than recommended. What is the typical daily fibre shortfall?
   - 5g
   - 10g
   - 15g

3. How many women experience constipation during pregnancy?
   - 20%
   - 40%
   - 60%

4. What do NICE recommend as a first line approach to constipation during pregnancy?
   - Increasing wheat bran in the diet
   - Bulk forming laxatives
   - Increasing fruit & vegetables in the diet

5. Kellogg’s All-Bran cereals contain between 4.7g-11g fibre in every bowl (mostly wheat bran). What other important nutrients does a bowl of Kellogg’s All-Bran contain?
   - B vitamins
   - Folic Acid
   - Vitamin D
   - Iron

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