Easy ways to boost fibre intake

Eating more wheat bran fibre can help to improve digestive health

Here are some great ideas for how to incorporate more wheat bran fibre into a healthy diet.

For recipes, see www.allbran.co.uk

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(Diet Plan 7 & Manufacturer Data) Figures correct at time of publication August 2016
Cereals with wheat bran fibre

- Wheat bran fibre per bowl (g)
  - All-Bran Original: 11g
  - All-Bran Golden Crunch: 4.7g
  - Kellogg's Wheats Original: 3g
  - Kellogg's Wheats Golden Crunch: 2.9g
  - Kellogg's Wheats Frosted: 2.8g
  - Kellogg's Fruit 'n Fibre: 2.3g
  - Kellogg's Sultana Bran: 4g
  - Kellogg's Bran Flakes: 4.5g

For more information, visit www.kelloggsnutrition.com