Bringing fiber to the table

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Eating healthy and delicious foods ranks high among life’s greatest pleasures. Choosing nutritious foods can enhance your eating experience because, not only do they taste great, but you’ll feel good about making choices that can improve your well-being.

Fiber-rich foods offer good nutrition that can taste great. Some whole grains, as well as juicy ripe fruits and luscious fresh vegetables, provide dietary fiber while adding texture and flavor to foods.

Fiber also delivers health benefits. A fiber-rich diet may help reduce your risk for heart disease by lowering cholesterol levels, type II diabetes, diverticular disease and constipation. And a high-fiber diet has been associated with a lowered risk of colon cancer. With these advantages, it just makes sense to include adequate amounts of fiber in your diet every day.

The Kellogg Kitchens™ can help you prepare delicious whole-some foods that everyone in the family will love. Some of our favorite recipes are offered in this brochure. We hope they’ll become your favorites, too!
What is Fiber?
Technically speaking, fiber consists of long complex carbohydrate molecules. Think of them as cumbersome strands of various-sized beads and blocks.

Fiber is commonly categorized as either insoluble or soluble, both of which contribute to your good health in different ways. Insoluble fiber soaks up liquids, making it easier for your intestines to remove waste from your body. Good sources of insoluble fiber include whole grains such as wheat and corn, oat bran, flaxseeds, green beans and skins of fruit.

Soluble fiber dissolves in liquids and often makes foods gummy or viscous. In your intestines, soluble fiber acts as a sponge, reducing the amount of cholesterol absorbed into your bloodstream. It also slows absorption of simple sugars which helps control the rise of blood sugar after eating. Foods with soluble fiber include beans, oatmeal, oat bran, grapefruit, prunes and carrots.

How Much Fiber?
Health experts suggest adults consume 25 to 35 grams of fiber a day, depending on their age and gender. Most Americans only get half the fiber that they should. However, modest increases in the consumption of fruits, vegetables, legumes and whole grain and high-fiber grain products would bring most adults close to the suggested range.

Children also reap benefits from eating adequate amounts of fiber. The Institute of Medicine’s Food and Nutrition Board suggests that adequate intakes for children are:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Fiber Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 1 to 3 years</td>
<td>19 grams/day</td>
</tr>
<tr>
<td>Children 4 to 8 years</td>
<td>25 grams/day</td>
</tr>
<tr>
<td>Boys 9 to 13 years</td>
<td>31 grams/day</td>
</tr>
<tr>
<td>(Boys at this age have higher calorie needs than girls.)</td>
<td></td>
</tr>
<tr>
<td>Girls 9 to 13 years</td>
<td>26 grams/day</td>
</tr>
</tbody>
</table>
Moderation, one of the keys to good nutrition, also applies to consuming fiber. Keep in mind that fiber may reduce the absorption of minerals, such as calcium, zinc, magnesium and iron. However, if you consume fiber from foods instead of supplements, you’re unlikely to eat too much to affect mineral absorption.

Adding Fiber to Your Diet

• Eat a fiber-containing cereal for breakfast most days of the week. Try mixing a wheat bran cereal with one of your other favorite cereals.

• Mix Kellogg’s® All-Bran® cereal into oatmeal or other hot cereals for added fiber and texture.

• Combine Kellogg’s® Frosted Mini-Wheats® Bite Size cereal with dried fruits and nuts for an easy snack that provides an abundance of fiber.

• Use brown rice instead of white.

• Add fresh or dried fruit to your morning cereal.

• Pack Kellogg’s® Frosted Mini-Wheats® cereal, fresh or dried fruit, or raw vegetables for away from-home snacks.

Intestinal gas is a common and normal side effect of eating a high-fiber diet. To minimize this effect, make gradual increases in your fiber intake over a period of several months. You can also drink plenty of water to help reduce the effects of intestinal gas.
## Fiber Content of Common Foods

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Grams of Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Kellogg's® All-Bran® Extra Fiber</em></td>
<td>13 g</td>
</tr>
<tr>
<td><em>Kellogg's® All-Bran® Original</em></td>
<td>10 g</td>
</tr>
<tr>
<td>Lentils, Black Beans, or Pinto Beans</td>
<td>8 g</td>
</tr>
<tr>
<td><em>Kellogg's Raisin Bran®</em></td>
<td>7 g</td>
</tr>
<tr>
<td><em>Kellogg's® Frosted Mini-Wheats® Bite Size</em></td>
<td>6 g</td>
</tr>
<tr>
<td><em>Kellogg's® Complete® Wheat Bran Flakes</em></td>
<td>5 g</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>5 g</td>
</tr>
<tr>
<td>Raspberries</td>
<td>4 g</td>
</tr>
<tr>
<td><em>Kellogg's® Complete® Oat Bran Flakes</em></td>
<td>4 g</td>
</tr>
<tr>
<td><em>Morningstar Farms® Garden Veggie Patties</em></td>
<td>4 g</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>4 g</td>
</tr>
<tr>
<td>Baked potato with skin</td>
<td>4 g</td>
</tr>
<tr>
<td>Peas, cooked</td>
<td>4 g</td>
</tr>
<tr>
<td>Popcorn, air-popped</td>
<td>4 g</td>
</tr>
<tr>
<td>Apple with skin</td>
<td>3 g</td>
</tr>
<tr>
<td>Banana</td>
<td>3 g</td>
</tr>
<tr>
<td>Cooked carrots</td>
<td>3 g</td>
</tr>
<tr>
<td>Whole wheat bread</td>
<td>2 g</td>
</tr>
</tbody>
</table>

**Sources:**

**References:**
**SPICY BEAN DIP**

Who ever thought healthy foods could taste so good? KELLOGG’S® ALL-BRAN® cereal gives a fiber boost to spicy bean dip, making it the perfect fare for watching the big game.

**PREP TIME:** 2 HOURS, 15 MINUTES | **TIME TO TABLE:** 2 HOURS, 15 MINUTES  
**YIELD:** 2 1/2 CUPS (20 SERVINGS)


2. In food processor bowl combine beans, cereal, picante sauce, onion, cumin, garlic powder and pepper sauce. Cover and process until smooth.

3. In 1-quart casserole combine bean mixture and cilantro. Loosely cover with paper towel. Cook in microwave at high for 2 to 3 minutes or until warm.

4. Spoon sour cream on top. Sprinkle with tomato and green onion. Serve with baked tortilla chips or crackers.

**Nutrition Facts:** Serving Size 2 Tbsp Dip (42g) Servings 20; Calories 40 • Fat Cal 0 • % Daily Value: Total Fat 0% (0g) • Sat Fat 0% (0g) • Cholest 0% (0mg) • Sodium 4% (100mg) • Total Carb 3% (9g) • Fiber 11% (3g) • Sugars 2g • Protein 2g • Vitamin A 2% • Vitamin C 2% • Calcium 2% • Iron 4%
BAKED CHICKEN AND BEAN BURRITOS

Say “Con mucho gusto!” to these salsa-topped chicken and bean burritos. KELLOGG’S® COMPLETE® Wheat Bran Flakes cereal packs a little more fiber into a low-fat version of a Mexican favorite.

PREP TIME: 20 MINUTES | TIME TO TABLE: 35 MINUTES
YIELD: 5 CUPS FILLING, 8 TORTILLAS (4 SERVINGS)

1. Tightly wrap tortillas in foil. Bake at 350°F for 15 minutes or until softened.

2. Meanwhile, use back of spoon to slightly mash beans. Stir in cereal and chile peppers. Spread bean mixture on each tortilla just below center. Sprinkle beans with chicken, cheese and onions. Fold tortilla edge over filling. Fold in sides. Roll up. Secure with toothpicks, if needed.

3. On baking sheet coated with nonstick cooking spray, place tortillas, seam side down. Bake at 350°F for 15 minutes or until heated through. Spoon salsa and sour cream on top. Sprinkle with cilantro, if desired.

Nutrition Facts: Serving Size 2 Tortillas (367g) Servings 4; Calories 450 • Fat Cal 60 • % Daily Value: Total Fat 10% (7g) • Sat Fat 10% (2g) • Cholest 13% (40mg) • Sodium 48% (1140mg) • Total Carb 25% (75g) • Fiber 53% (13g) • Sugars 7g • Protein 33g • Vitamin A 15% • Vitamin C 120% • Calcium 25% • Iron 25%
BREAD MACHINE PIZZA CRUST

Try the Fresh Tomato Topping, or any topping of your choice, for this fiber-rich pizza crust.

PREP TIME: 2 HOURS

1. In bread machine combine all ingredients according to manufacturer's directions. Select dough cycle that does not bake bread. When cycle is complete, remove dough from machine. Punch down. Divide dough in half. Cover and let rest for 10 minutes. Finish as directed in desired topping recipe.

Nutrition Facts: Serving Size 1/8 Recipe (77g) Servings 8; Calories 170 • Fat Cal 35 • % Daily Value: Total Fat 6% (4g) • Sat Fat 0% (0g) • Cholest 0% (0mg) • Sodium 9% (220mg) • Total Carb 10% (31g) • Fiber 14% (4g) • Sugars 2g • Protein 6g • Vitamin A 4% • Vitamin C 6% • Calcium 4% • Iron 15%

FRESH TOMATO TOPPING

PREP TIME: 2 HOURS, 40 MINUTES | TIME TO TABLE: 3 HOURS

YIELD: 2 (10-INCH) ROUND PIZZAS (8 SERVINGS)

1. On lightly floured surface roll each half of dough into 10-inch circle. Place each on greased baking sheet, building up edges of dough slightly. Use tines of fork to prick bottom of crust. Cover and let rise in warm place for 35 minutes or until nearly double in bulk.

2. In small skillet cook onion and garlic in olive oil over medium heat about 5 minutes or until translucent. Gently spread onion mixture over crusts. Sprinkle with Parmesan cheese. Bake crusts at 375°F for 10 minutes or until light brown.

3. Top partially baked crusts with tomatoes, cheese and basil, if desired. Sprinkle with pepper. Bake at 375°F for 10 minutes or until heated through.

* NOTE: For another delicious topping, use prepared pizza sauce, part-skim mozzarella cheese, reduced-fat cheddar cheese and thawed and crumbled MORNING-STAR FARMS® Veggie Breakfast Sausage Patties.

Nutrition Facts: Serving Size 1/8 Pizza (199g) Servings 8; Calories 280 • Fat Cal 90 • % Daily Value: Total Fat 16% (10g) • Sat Fat 18% (1.5g) • Cholest 4% (15mg) • Sodium 18% (430mg) • Total Carb 13% (38g) • Fiber 19% (5g) • Sugars 6g • Protein 14g • Vitamin A 20% • Vitamin C 35% • Calcium 25% • Iron 20%

**Recipes from Kellogg Kitchens™**

1 cup water
2 tablespoons vegetable oil
2 1/4 cups bread flour
1 cup KELLOGG’S® ALL-BRAN® ORIGINAL cereal
1 1/2 teaspoons bread machine yeast
1/2 teaspoon salt
1/2 teaspoon bottled minced garlic

**Topping**

1 recipe Bread Machine Pizza Crust
1 cup finely chopped onion
2 teaspoons bottled minced garlic
1 tablespoons olive oil
2/3 cup finely shredded Parmesan cheese
2 cups thinly sliced plum tomatoes (about 10 tomatoes)
1 cup shredded reduced-fat Monterey Jack cheese with jalapeño peppers, or 1 cup (4 oz.) crumbled feta cheese or 8 ounces fresh mozzarella cheese, thinly sliced
1/3 cup chopped fresh basil (optional)
1/2 teaspoon coarse ground black pepper
SPICY BLACK BEAN BURGER SOUTH WEST WRAP

The savory Southwest flavors of MORNINGSTAR FARMS® Spicy Black Bean Burgers Veggie Burgers turn a simple wrap into a lively meal.

PREP TIME: 20 MINUTES | TIME TO TABLE: 20 MINUTES

1. Cook burger according to package directions. Cut burger in half.

2. Top tortilla with burger, lettuce, guacamole, salsa and sour cream. Roll up tortilla. Serve immediately.

*NOTE: Warm paper-towel-wrapped tortilla in microwave at high for 10 to 15 seconds.

Nutrition Facts: Serving Size 1 Wrap (188g) Servings 1; Calories 270 • Fat Cal 60 • % Daily Value: Total Fat 10% (7g) • Sat Fat 4% (1g) • Cholesterol 0 (0mg) • Sodium 33% (790mg) • Total Carb 14% (42g) • Fiber 31% (8g) • Sugars 4g • Protein 16g • Vitamin A 20% • Vitamin C 20% • Calcium 4% • Iron 6%

1 MORNINGSTAR FARMS® Spicy Black Bean Burgers Veggie Burgers
1 whole-wheat flour tortilla, warmed*
1/2 cup baby romaine lettuce or torn romaine lettuce
1 tablespoon guacamole
1 tablespoon salsa
1 tablespoon fat-free sour cream
CHICKEN-SHRIMP JAMBALAYA

A great reason to serve fiber-rich brown rice: it now comes in a quick-cooking variety that’s perfect for stirring into this slow-cooker meal just before serving.

PREP TIME: 20 MINUTES | TIME TO TABLE: 3 HOURS, 10 MINUTES
YIELD: 8 CUPS (6 SERVINGS)

1. In 4- to 5-quart crockery cooker combine undrained tomatoes, broth, cereal, onion, tomato paste, Cajun seasoning and Worcestershire sauce.

2. Trim fat from chicken. Cut into 1-inch pieces. Stir chicken and sausage into tomato mixture.

3. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours.

4. Stir in rice, shrimp and pepper. Cover and let stand for 20 minutes or until rice is tender.

*NOTE: The shrimp is added near the end of the cooking time because it will get tough if left in the slow cooker for the entire time.

Nutrition Facts: Serving Size 1 1/3 Cup (382g) Servings 6; Calories 360 • Fat Cal 70 • % Daily Value: Total Fat 12 % (8g) • Sat Fat 9% (2g) • Cholest 48% (145mg) • Sodium 37% (880mg) • Total Carb 14% (41g) • Fiber 25% (6g) • Sugars 8g • Protein 34g • Vitamin A 20% • Vitamin C 70% • Calcium 6% • Iron 20%
MAPLE BEAN AND SAUSAGE DINNER

This satisfying dish of black beans, Great Northern beans, turkey sausage, tomato sauce and maple syrup is perfect when you crave comfort food.

PREP TIME: 2 HOURS, 10 MINUTES | TIME TO TABLE: 6 HOURS, 10 MINUTES
YIELD: 10 CUPS (8 SERVINGS)


2. In 5- to 6-quart crockery cooker combine beans and all remaining ingredients. Cover and cook on low heat setting for 8 hours or on high-heat setting for 4 hours.

Nutrition Facts: Serving Size 1 1/4 Cup (335g) Servings 8; Calories 450 • Fat Cal 50 • % Daily Value: Total Fat 8% (5g) • Sat Fat 7% (1.5g) • Cholest 9% (25mg) • Sodium 43% (1040mg) • Total Carb 28% (84g) • Fiber 66% (17g) • Sugars 37g • Protein 23g • Vitamin A 15% • Vitamin C 15% • Calcium 15% • Iron 30%
VEGETARIAN SLOW COOKER CHILI

This easy-to-prepare bean chili gets a jump start from the robust flavors of chili peppers and aromatic cumin.

PREP TIME: 10 MINUTES | TIME TO TABLE: 4 HOURS, 10 MINUTES
YIELD: 10 CUPS (6 SERVINGS)

1. In 4- to 6-quart crockery cooker combine all ingredients except sour cream and chopped tomato. Cover and cook on low heat setting for 8 hours or on high-heat setting for 4 hours.

2. Ladle into bowls. Top with sour cream and tomato, if desired. Serve with crackers.

Nutrition Facts: Serving Size 1 2/3 Bowls of Chili (511g) Servings 6; Calories 280 • Fat Cal 20 • % Daily Value: Total Fat 3% (2g) • Sat Fat 0% (0g) • Cholest 0% (0mg) • Sodium 53% (1280mg) • Total Carb 20% (59g) • Fiber 54% (14g) • Sugars 17g • Protein 13g • Vitamin A 60% • Vitamin C 120% • Calcium 20% • Iron 30%

2 cans (14 1/2 oz. each) no-salt-added diced tomatoes
1 can (15 1/2 oz.) cannellini beans or Great Northern beans, rinsed and drained
1 can (15 oz.) black beans, rinsed and drained
1 can (15 oz.) tomato sauce
1 package (10 oz.) frozen whole kernel corn or 1 can (15 oz.) golden hominy, drained
2 cans (5 1/2 oz. each) vegetable juice
1 cup chopped onion
1 cup crushed KELLOGG’S® COMPLETE® WHEAT BRAN FLAKES cereal (about 2 cups cereal)
1 can (4 oz.) diced chili peppers, drained
4 teaspoons chili powder
2 teaspoons dried oregano leaves
1 teaspoon bottled minced garlic
1 teaspoon cumin
1 teaspoon sugar
Fat-free sour cream (optional)
Chopped tomato (optional)
THE ORIGINAL ALL-BRAN™ MUFFINS

This is one of our most requested recipes. It’s a tasty way to enjoy more fiber!

PREP TIME: 15 MINUTES | TIME TO TABLE: 35 MINUTES
YIELD: 12 MUFFINS

1. In small bowl stir together flour, sugar, baking powder and salt. Set aside.

2. In large bowl stir together cereal and milk. Let stand 2 minutes or until cereal is softened. Add egg and oil. Beat well. Add flour mixture, stirring until just combined. Spoon batter evenly into twelve 2 1/2-inch muffin cups coated with cooking spray or lined with paper bake cups.

3. Bake at 400°F about 15 minutes or until toothpick inserted near center comes out clean. Serve warm.

Nutrition Facts: Serving Size 1 Muffin (66g) Servings 12; Calories 160 • Fat Cal 50 • % Daily Value: Total Fat 8% (5g) • Sat Fat 3% (0.5g) • Cholest 5% (15mg) • Sodium 9% (220mg) • Total Carb 9% (27g) • Fiber 15% (4g) • Sugars 12g • Protein 4g • Vitamin A 6% • Vitamin C 8% • Calcium 6% • Iron 10%
CRANBERRY MUFFINS

Stir a little honey and finely chopped crystallized ginger into fat-free cream cheese for a tantalizing accompaniment to these cranberry-filled muffins.

PREP TIME: 20 MINUTES  |  TIME TO TABLE: 40 MINUTES
YIELD: 12 MUFFINS

1. Stir together flour, sugar, baking powder and salt. Set aside.

2. In large mixing bowl, combine KELLOGG’S® ALL-BRAN® cereal and milk. Let stand 2 minutes or until cereal softens. Add egg and oil. Beat well. Stir in cranberries, orange peel and pecans. Add flour mixture, stirring only until combined. Portion evenly into twelve 2 1/2-inch muffin-pan cups coated with cooking spray.

3. Bake at 400°F about 20 minutes or until lightly browned. Serve warm.

*NOTE: For extra flavor toast the pecans before adding them to the batter. To toast pecans: spread them in a single layer in a shallow baking pan. Bake at 350°F for 5 to 10 minutes or until light golden brown. Be sure to watch carefully and stir them once or twice so they don’t burn.

Nutrition Facts: Serving Size 1 Muffin (78g) Servings 12; Calories 180 • Fat Cal 50
• % Daily Value: Total Fat 9% (6g) • Sat Fat 3% (0.5g) • Cholesterol 5% (15mg) • Sodium 9% (220mg) • Total Carb 11% (32g) • Fiber 16% (4g) • Sugars 16g • Protein 4g • Vitamin A 6% • Vitamin C 10% • Calcium 8% • Iron 10%
GINGERBREAD PANCAKES

These pancakes are like eating gingerbread for breakfast – a well-deserved weekend treat!

PREP TIME: 10 MINUTES | TIME TO TABLE: 20 MINUTES
YIELD: 10 PANCAKES (5 SERVINGS) 2 1/2 CUPS BATTER

1. In large bowl stir together egg, milk, cereal, molasses and oil. Let stand for 5 minutes.

2. Add flour, baking powder, cinnamon, ginger, baking soda and salt, stirring until just combined.

3. For each pancake, on lightly greased, preheated griddle pour about 1/4 cup batter into circle. Cook over medium heat until top is bubbly and edges are slightly dry. Turn. Continue cooking until set. Serve warm with warm marmalade, applesauce, syrup or preserves, if desired.

*NOTE: You can also top these pancakes with fresh fruit such as raspberries or blueberries for extra fiber.

Nutrition Facts: Facts: Serving Size 2 Pancakes (134g) Servings 5; Calories 280 • Fat Cal 90 • % Daily Value: Total Fat 15% (10g) • Sat Fat 5% (1g) • Cholest 13% (40mg) • Sodium 16% (390mg) • Total Carb 14% (43g) • Fiber 20% (5g) • Sugars 16g • Protein 7g • Vitamin A 10% • Vitamin C 10% • Calcium 15% • Iron 25%
BERRY SPINACH SALAD

Give an old favorite a new twist by topping a classic spinach and berry salad with a little KELLOGG’S RAISIN BRAN® cereal. It adds crunch, fiber and flavor.

PREP TIME: 20 MINUTES | TIME TO TABLE: 20 MINUTES
YIELD: 6 CUPS SALAD PLUS 1/2 CUP SALAD DRESSING 4 SERVINGS

1. In large bowl toss together spinach, berries, jicama and onions. Arrange on 4 serving plates.

2. In small bowl whisk together orange juice, oil, vinegar, mustard, honey and orange peel. Drizzle over salads. Sprinkle with cereal. Serve immediately.

* NOTE: Jicama is a vegetable with brownish skin and crisp white flesh. It can usually be found in the produce section of major supermarkets.

Nutrition Facts: Serving Size 1 1/4 Cup Salad & 2 Tbsp Dressing (175g) Servings 4; Calories 150 • Fat Cal 70 • % Daily Value: Total Fat 12% (8g) • Sat Fat 5% (1g) • Cholest 0% (0mg) • Sodium 6% (150mg) • Total Carb 7% (20g) • Fiber 19% (5g) • Sugars 9g • Protein 3g • Vitamin A 80% • Vitamin C 90% • Calcium 8% • Iron 15%

4 cups torn fresh baby spinach
1 cup sliced fresh strawberries, red raspberries or blueberries
1 cup thinly sliced, peeled jicama or thinly sliced red radishes
1/4 cup sliced green onions
1/4 cup orange juice
2 tablespoons olive oil
1 tablespoon cider vinegar
1 teaspoon Dijon mustard
1 teaspoon honey
1 teaspoon grated orange peel
3/4 cup KELLOGG’S RAISIN BRAN® cereal
CINNAMON CARAMEL PARTY MIX

This cinnamon-spiced crunchy snack will appeal to adults as well as kids.

PREP TIME: 30 MINUTES | TIME TO TABLE: 50 MINUTES
YIELD: 9 CUPS (18 SERVINGS)

1. Line 15 x 10 x 1-inch baking pan with foil. Spray foil with nonstick cooking spray. Remove any unpopped kernels from popcorn. In foil-lined pan combine popcorn, cereal and pretzels.


Nutrition Facts: Facts: Serving Size 1/2 Cup (31g) Servings 18; Calories 130 • Fat Cal 35 • % Daily Value:
  Total Fat 6% (4g) • Sat Fat 11% (2g) • Cholesterol 3% (10mg) • Sodium 5% (110mg) • Total Carb 8% (23g) • Fiber 5% (1g) • Sugars 12g • Protein 1g • Vitamin A 2% • Vitamin C 0% • Calcium 2% • Iron 15%