

Breakfast Ideas to Boost Fiber

Foods made from grains contain essential vitamins, minerals, and fiber to form the foundation of a nutritious diet. A diet high in fiber, such as whole grains, fresh fruits and vegetables, promotes proper bowel function and helps you feel full with fewer Calories. Whole grains include brown rice, bulgur, graham flour, whole grain corn, oatmeal, popcorn, pearl barley, whole oats, whole rye, and whole wheat. The following table lists the Calorie and fiber content of common breakfast foods:

Food	Serving Size	Calories	Fiber (g)
Cereal—Bowl Pack			
Raisin Bran	1 each, 1.25 oz.	110	5
Frosted Mini-Wheat	1 each, ¾ oz.	100	3
Cheerios	1 each, .69 oz.	70	2
Corn Flakes	1 each, ¾ oz.	80	1
Hot Cereal			
Quick Oats	1 cup	150	4
Instant Oats, Regular, w/skim milk	1 pkg., 1.25 oz.	140	3
Hot Grits	¾ cup	101	1.4
Muffins, Crackers, Pretzels, Bagels			
J&J Pretzel	5 oz	380	4
Teddy Graham, Cinnamon	1 pkg. .75 oz	100	1
Nutri-Grain Bar	1 each, 1.3 oz.	140	1
English Muffin	1 each, 2oz	120	1
Variety Bagel	1 each, 2.8 oz	270	2
Fruits and Fruit Juices			
Apple	1 medium	81	3
Banana	½	52	1
Kiwi	1 medium	46	2.6
Orange	1 medium	62	3.2

Peach	1 medium	37	3
Strawberries	½ cup	45	1.7
Raspberry-Applesauce Fruit Cup (commodity)	4 oz	85	1.5
Orange Juice Cups (commodity)	½ cup	55	0
Apple Juice	½ cup	58	0

Note: The Nutrition Facts label defines a good or high fiber source as the following:

Good Source of Fiber 3 - 4.9 grams of fiber per serving

High Fiber 5 grams or more of fiber per serving