

# Wholegrains - cereals for essential fibre

**Boots - Innova: Fibre, wholegrains and protein lead health focus in cereals**



Description: -

- São Paulo (Brazil) -- History Radio.
  - Trees -- North America Cookery (Cereals)Wholegrains - cereals for essential fibre
  - Boots healthy eating guidesWholegrains - cereals for essential fibre
- Notes: Includes index.  
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## Whole Grains and Cereals

I know breakfast cereal can be a little boring, which explains delicious additions like honey, dried fruit and peanut butter.

### A List of Fiber

Keep in mind that breads that contain wholegrains may still be made on refined flours. Nutrition info per 1-cup serving: 100 calories, 2 g fat 0. Also included are 6 grams of protein as well as plenty of vitamins such as B-6 and B-12.

### Whole Grains and Dietary Fiber: The Same or Different? By Hope Warshaw, MMSc, RD, CDE

This Food Fact Sheet and others are available to download free of charge at © BDA April 2019.

### A List of Fiber

These are all important for a variety of body functions like forming new cells, carrying oxygen in the blood, regulating the thyroid, and maintaining a healthy immune system. Just make sure to choose whole oats, such as steel-cut oats, oat groats and rolled oats.

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