

NUTRITION NEWS & NOTES

Delicious Ways To Add Fiber To A Diet

(NAPSA)—Looking to feel lighter and more comfortable but just can't seem to get there? Isn't it incredible how irregularities "down there" can affect everything you do? Your outlook can change; it's all you can think about. We've all been there, and a lot of times all you need is some fiber.

According to data from the National Health and Nutrition Examination Survey, only one in 10 Americans gets the recommended 25-30 grams of fiber each day. This is problematic because fiber intake has a direct correlation to overall digestive health.

"Everyone should be looking for more ways to up their fiber intake," recommends Dr. John Johanson, practicing gastroenterologist. "People often claim that high-fiber foods are inconvenient or don't taste good, but that's really no longer the case."

Dr. Johanson says foods like portable All-Bran Fiber Drink Mix and Fiber Bars offer a delicious solution to those complaints to the tune of 10 grams of fiber per serving. To promote digestive health, he also recommends drinking plenty of water and exercising moderately on most days.

"New products like these are so convenient to fit into your daily routine they are ideal for those who are experiencing irregularity due to prescription medications or pregnancy, too," says Dr. Johanson.

10 Days to a Better You

One way to quickly feel the benefits of improved regularity through increased fiber intake is to engage in the All-Bran 10-Day Challenge.



Improving Digestive Health—There are a number of great-tasting ways to add fiber to your diet.

Enjoy one serving of any All-Bran product, including new Fiber Bars and Drink Mix, each day for 10 days, and you'll certainly begin to feel the difference.

Follow these steps to engage in the 10-Day Challenge:

- Step 1: Select one or more of your favorite high-fiber All-Bran products.
- Step 2: Eat a serving of the product of your choice each day.
- Step 3: Repeat steps 1 and 2 every day for 10 days.

Kellogg Company conducted a mini challenge involving 38 consumers. At the end of just 10 days, 79 percent of participants reported improvement in their digestive regularity and said that they felt more energetic.

For more information on All-Bran products and the All-Bran 10-Day Challenge, search for "All-Bran" at Yahoo!