

**Kellogg's**  
has  
**HIGH FIBER**



@AllisonHolker



#ad Did you know @KelloggsUS @ frostedminiwheats are high in fiber? Fiber is a super nutrient, and most people don't get enough. One serving for breakfast, a snack or any time of day, will help you reach your goal and has helped me reach mine! It's also tasty and convenient. Plus it makes a great base for adding nutritious foods like milk and fruit, as well as a satisfying, crunchy snack!



#ad Did you know @kelloggsus @ frostedminiwheats are an easy and satisfying way to help you get the fiber you need? Fiber helps support digestive health and overall wellness so it's super important that you get enough of it. That's why I start my day with a bowl of Frosted Mini-Wheats, it's a quick and balanced breakfast - just add milk and fruit! Are you getting enough fiber in your diet?



**This national breakfast week, i challenge you to empower your morning routine with fiber - it's as easy as pouring a bowl of @kelloggsus @frostedminiwheats for yourself and the whole family**



**Did you know @kelloggsus @frostedminiwheats is an easy, convenient, and tasty way to help you and your family get the fiber you need? #ad**

**Swipe Up**



#Ad Did you know that @KelloggsUS Raisin Bran is high in fiber? Fiber is a super nutrient, and most people in this country (9 out of 10) don't get enough. Even meals like eggs with salmon and cream cheese, chicken salad, turkey meatloaf, green juice and orange juice, and Greek yogurt in this pic are packaged with nutrients but could be low in fiber. One serving of @KelloggsUS Raisin Bran for breakfast, snack or any time of day, can help you reach your goals!



#Ad @Kelloggsus Raisin Bran is one of my favorite cereals and I've been loving it since I was a kid. ❤️😊



#Ad @Kelloggsus Raisin Bran tastes delicious and that's why I've loved it since I was a kid. It tastes good and helps me get the fiber I need - Double win. 😊❤️



@kelloggsus Raisin Bran

#Ad It's #NationalBreakfastWeek it's the perfect time to take a look at what makes it onto your plate or into your bowl specifically when it comes to fiber. 😊❤️



#NATIONALBREAKFASTWEEK

#CHALLENGE

I challenge you to empower your morning routine with a does of fiber!

#Ad It's as easy as pouring a bowl of @Kelloggsus Raisin Bran! 😊❤️





#ad Here's to fiber! Did you know that @KelloggsUS Raisin Bran is high in fiber? Fiber is a super nutrient, and we're most likely not getting enough of it. But that can easily change with Kellogg's Raisin Bran! One serving any time of day is an easy and delicious way to help you reach your daily goal! Cheers to that!



#ad It's National Breakfast Week which means we need to take a hard look at how we start our day. Did you know that @KelloggsUS Raisin Bran is an easy, convenient and delicious way to help you get the fiber you need? I challenge you to step your breakfast game up and empower your morning routine with fiber by trying out my favorite power bowl with Kellogg's Raisin Bran, enjoy!



#Ad With any meal plan it's important to make sure they contain nutrients your body needs - like fiber. Did you know @ KelloggsUS Raisin Bran is high in fiber? Fiber is a super nutrient and most people don't get enough of it. One serving, for breakfast, a snack or any time of day, will help you reach your daily goal, plus it's tasty! Does the meal plan you're using contain enough fiber?





#ad ADDING TO YOUR DIET

Did you know @frostedminiwheats is high in fiber? Eating enough fiber is an easy way to improve your diet and help support your digestive health. You can do that with fruits, veggies and whole grains (I'm obvi loving @kellogus frosted mini wheats).

A lot of people who focus on their health start with removing foods from their diet or strictly counting calories. What if, instead of thinking about what we can remove/restrict from our diet, we focused on what we can ADD? Don't lose sight of fiber in whole grains and carbs.

What do you add to your diet when you want to feel great?! #dietitiandeanna



#ad National Breakfast Week

You guys know I love ALL things breakfast, so I'm excited to partner with @frostedminiwheats to celebrate National Breakfast Week and talk about an important nutrient - fiber.

I mention fiber at breakfast (and all meals) and many times

people automatically think of fiber drinks and powders. Fiber actually comes from fruits, veg, and whole grains. @frostedminiwheats is an easy way to get more fiber, and much tastier than relying on fiber pills or powders. No need to choke down a grainy drink Chewing your fiber by eating real foods you actually enjoy is a much better option. These high-fiber cereals are also smarter choices than a fiber supplement because of the additional nutrients they offer – like B vitamins and iron.

So let's celebrate breakfast week with some cereal and fiber to help support digestive health and overall wellness! I'm building yogurt bowls w plain Greek, Frosted Mini-Wheats, berries, chia seeds and unsweetened coconut shreds.

What's your all-time favorite breakfast?  
#dietitiandeanna



It's National Breakfast Week and you guys know I love breakfast!!!

Excited to celebrate with @frostedminiwheats- a high-fiber cereal that's a great way to start your day

#ad



#ad

Swipe up to read blog post now on how I'm celebrating



Including how I make these easy yogurt bowls starring one of my favorite cereals

#ad



#ad Sprocket's trying to steal my @ frostedminiwheats. I wonder if it's because she knows it's high in fiber - but did you? Fiber is a super nutrient most of us don't get enough of, and one of those nutrients I try to get more of in the most satisfying way. When I realized how much was in Kellogg's Frosted Mini-Wheats, I got pretty excited. It's been one of my favorite breakfast cereals since I was a kid.

On a busy day you'll definitely catch me grabbing a handful straight from the box for a quick and convenient snack.

What's your favorite way to get in fiber?

#ad Did you know @frostedminiwheats is an easy and satisfying way to help you get the fiber you need? When I think about the one nutrient I include in my meals that really packs a punch...fiber always comes to the top of my mind. It doesn't always get the credit it deserves, but fiber is key for helping support digestive health and overall wellness!

Fiber is found in foods like veggies, fruits, and legumes - and also in whole-grain cereal like Kellogg's Frosted Mini-Wheats.

Whether it's a quick breakfast or a midday snack break from work, I reach for Kellogg's Frosted Mini-Wheats to help me hit my daily fiber goals.

#ad It's National Breakfast Week, and I've partnered with @frostedminiwheats to talk about one of my most standout nutrients - fiber.

Fiber might not seem like the most exciting topic, but it's actually super important in helping to support digestive health and overall wellness. And you don't need to rely on expensive supplements or powders to get it.

Did you know @frostedminiwheats is high in fiber? It's one of my favorites ways to get more. It's easy, convenient and it's been one of my favorite cereals since I was a kid. I eat them for breakfast or a simple snack on the go.



#ad Did you know fiber helps support digestive health and overall wellness, and a bowl of @kelloggsus Raisin Bran is an easy, delicious way to get it?

When it comes to wellness goals, I've always been a fan of getting back to the basics and making sure I'm meeting my nutrition needs with real food before turning to supplements. Somehow the wellness world has turned into an elite club that seems to require fancy specialty products and expensive supplements - but it doesn't need to be!

One simple step we can all take is getting enough fiber from food - something often overlooked by many of us. The good news is there are plenty of easy, tasty ways to get more fiber any time of day! @kelloggsus Raisin Bran is high in fiber, making it an easy and satisfying way to help you get more of the fiber you need. I like to eat Kellogg's Raisin Bran as a quick snack or breakfast to help me meet my fiber needs.

What about you? Are you giving fiber the credit it deserves?

#livelytable #wellness #startsimple #dietitianapproved



#ad – I'm partnering with @frostedminiwheats for this post. raise your hand if you know there are many different types of fiber [hand raise emoji]. If you didn't, you're not alone! we're still learning more about this nutrient every day.

Eating a variety of fiber-rich foods is a great way to get a little of each type. you can find fiber in foods like grains, fruits, vegetables, legumes, nuts and seeds. One easy way I get more? I reach for a whole grain cereal that's high in fiber, like @frostedminiwheats, any time of day. Serve it up with some fruit and nut butter for an energizing meal or snack.

#caitsplate #caitsplatefood #nutritiontips #dietitianeats



#ad - in honor of national breakfast week, I teamed up with @frostedminiwheats to share easy ways to incorporate fiber at breakfast with three different ideas for serving up one of my favorite cereals! not only do they taste great, but they're an easy and convenient way to get a little more fiber in your day - proving you don't need to rely on powders or pills. did you know fiber helps support digestive health, which is an important part of overall wellness?

I hope you can find at least one new fiber-filled breakfast option to add into your rotation or a little inspiration here to re-vamp your morning routine.

#caitsplate #caitsplatefood #cereal #nationalbreakfastweek #breakfastinspiration #breakfastideas



did you know Frosted Mini-Wheats are high in fiber?

fiber helps support digestive health, which plays an important role in overall wellness.

#sponsored



there are plenty of delicious foods that are rich in fiber... in fact, some (like Frosted Mini-Wheats) might be sitting right in your pantry!

still, many people fall short on fiber intake.

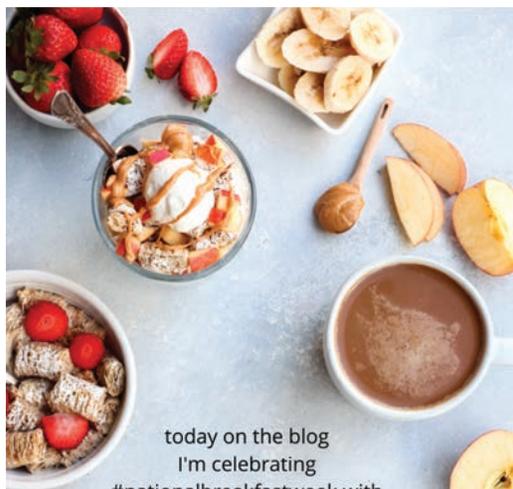
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getting more fiber can be as easy as incorporating a whole grain cereal into your day.

@frostedminiwheats is one of my go-tos - it's perfect for an easy snack or breakfast!

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today on the blog I'm celebrating #nationalbreakfastweek with @frostedminiwheats

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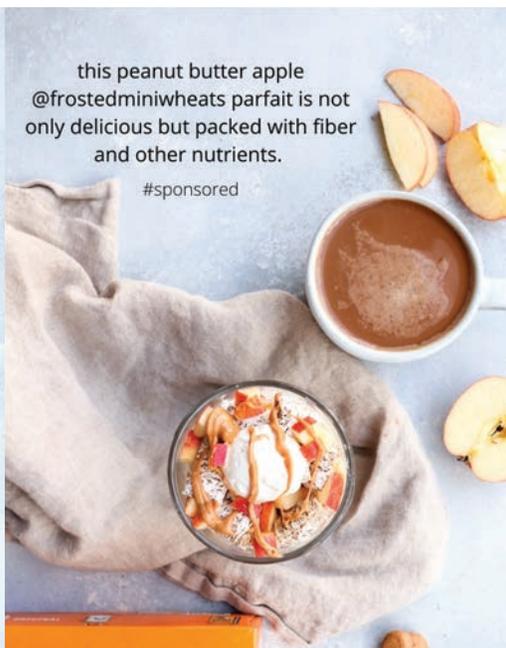


in honor of #nationalbreakfastweek, I'm sharing fun ways to serve up Frosted Mini-Wheats to keep your morning meal inspired.

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Frosted Mini-Wheats are high in fiber, giving you an easy & delicious way to get more. no need to rely on powders or pills!

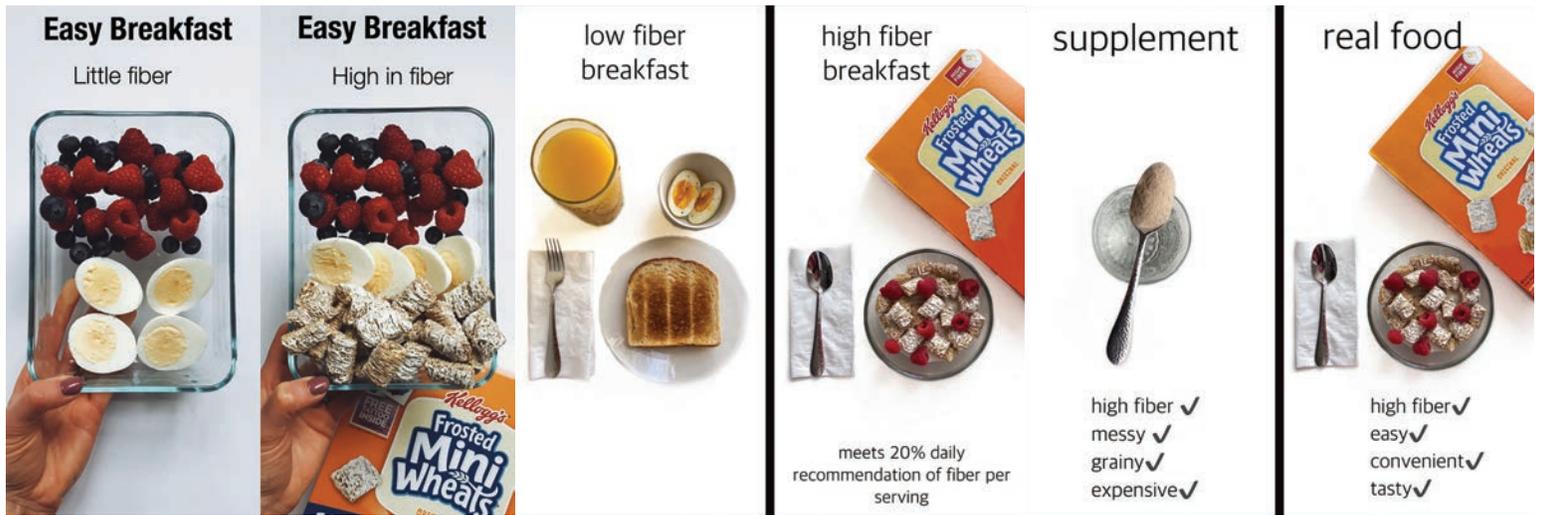


this peanut butter apple @frostedminiwheats parfait is not only delicious but packed with fiber and other nutrients.

#sponsored



swipe up to get the details!



**@Dietitiandeanna**

#ad Fiber

Fiber is a super nutrient, and adding @frostedminiwheats (with the first ingredient whole grain wheat) to your breakfast is an easy way to get more. Pair this high-fiber cereal with protein and fat from a couple hard-boiled eggs and some berries for a balanced filling breakfast.

Most people aren't eating enough fiber so I'm hoping to show you that carbs are great because of the fiber they provide

What is your fave way to get fiber at breakfast? #dietitiandeanna

**@Confessionofadietitian**

#ad Did you know @frostedminiwheats is high in fiber, a super nutrient that most people don't get enough of (9 out of 10 people, to be exact)? I have a tasty and insanely convenient solution for you! One serving of Frosted Mini-Wheats, whether at breakfast, as a snack, or any time of day, gets you at least 20% of the daily recommendation of fiber. Plus, it makes a great base for adding nutritious foods, like milk and fruit, as well as a satisfying crunchy snack! Although meals that contain multiple food groups can provide important nutrients, some common breakfast components, like orange juice, lack this important super nutrient, fiber, making it easy to miss out. In addition to using Frosted Mini-Wheats to get more fiber, you can enjoy fruits, vegetable, nuts and seeds, and whole grains to add more fiber to your diet. Plus, as an added bonus, all Kellogg's cereals are free of high fructose corn syrup if that's something you keep an eye on when choosing your meals and snacks.

**@Confessionofadietitian**

#ad This week is National Breakfast Week, and I'm partnering with @frostedminiwheats to highlight one of my favorite nutrients to make sure you get in the morning - fiber!! I was recently in a rut with some of my breakfast items, and while I wanted to change things up, I knew I needed something to maintain enough fiber at breakfast. That's where @frostedminiwheats came in! Did you know one serving gets you at least 20% of the daily recommendation for fiber? Not only is this high-fiber cereal a more enjoyable alternative to fiber supplements, but it also offers additional nutrients, like B vitamins and iron. You aren't likely to get much of those from a traditional fiber powder or pill! This National Breakfast Week, I challenge you to empower your morning routine with a dose of fiber- it's as easy as pouring a bowl of Frosted Mini-Wheats!

Ironically, at a time when Americans are focused on health and wellness more than ever, they're seriously overlooking their fiber!



People may be paying attention to protein or tracking macros, but they're losing sight of fiber.

#ad

There are some really tasty ways to get fiber you need to support digestive health and overall wellness.

Did you know Kellogg's Frosted Mini-Wheats is high in fiber?

#ad

Plus, it's super tasty and convenient!

#ad Grab your Frosted Mini-Wheats and get creative while increasing your fiber!



Here's one of my favorite combinations- Yogurt + cocoa powder, Frosted Mini-Wheats and a handful of raspberries

It's National Breakfast Week!



Did you know @frostedminiwheats is high in fiber, making it a great way to start your day?

#ad

When it comes to fiber, most adults aren't eating enough!

#ad



But you don't have to rely on supplements or powders to get what you need.

#ad



I love eating mine with fresh fruit!

An easy (and delicious) way to get more fiber is with a bowl of Frosted Mini-Wheats cereal!



#ad Both of these snacks look like healthy options, right?

While they both provide important nutrients, @kelloggsus Raisin Bran is a clear winner when it comes to fiber - a super nutrient that 9 out of 10 people don't get enough of. Even some people that have otherwise healthy diets might not be getting enough!

Snacks are a great opportunity to add more fiber to your daily diet. I love snacking on @kelloggsus Raisin Bran to sneak more fiber in. Did you know that Kellogg's Raisin Bran is high in fiber? Just one serving for a snack provides 20% of the daily recommendation, and it's just as easy as a cup of yogurt! Plus, as an added bonus, all Kellogg's cereals are free of high fructose corn syrup.

This month I challenge you to take a look at your daily diet. Are you missing out on fiber?

#livelytable #dietitianapproved #fiber #healthysnacking



#ad It's National Breakfast Week! You know my love for breakfast, but do you know my love for @kelloggsus Raisin Bran and Frosted Mini-Wheats? I love them because they're high in fiber! Breakfast is an important part of getting nutrients into your everyday diet, but fiber is one nutrient that often gets overlooked.

Fiber is a key component for supporting digestive health and overall wellness, and the good news is it's super easy to get a fiber rich breakfast without supplements or powders!

@Kelloggsus Raisin Bran and @frostedminiwheats are both easy, convenient and tasty ways to help you get the fiber you need. I'm sharing 6 tasty high fiber breakfast recipes made with these two delicious cereals that can be made in 5 minutes with 5 ingredients or less for some easy, delicious ideas to add to your breakfast routine!

#livelytable #nationalbreakfastweek #5minutebreakfast #highfiber





#ad I used to eat plain yogurt with nothing in it for breakfast and it was so... meh. Until I added @kelloggsus Raisin Bran! I still eat Greek yogurt all the time, but now I always add a high fiber cereal to mix in too.

fiber is a super nutrient, but it's sadly lacking in the typical US diet. While Greek yogurt and other common breakfast foods like eggs are great, they can easily be lacking in fiber. I pretty much always recommend my clients add whole grains into their diet because they're such a good source of fiber. One easy way to do it: cereal! Did you know @kelloggsus Raisin Bran is high in fiber (it gives you at least 20% of the daily recommended amount)? It is SO good mixed with Greek yogurt and shredded coconut – it's like trail mix and a yogurt bowl combined!

#ad Did you know a bowl of @kelloggsus Raisin Bran is high in fiber? I've been mentioning fiber a lot on here, but do you know \*why\* it's so important? Since this week is National Breakfast Week (how cool?!), I'm talking all about fiber, why it's important to help support digestive health and overall wellness and ways to eat more at breakfast time.

Hint: a bowl of @kelloggsus Raisin Bran cereal with a chopped apple is a delicious option to get more fiber in your diet And it's much tastier than relying on a grainy powder or expensive supplement to get fiber you need.

#ad Fun fact: I eat cereal at least 5 times per week, so I'm super excited to partner with @kelloggus to talk about why! I love @kelloggus Raisin Bran or Frosted Mini-Wheats as high-fiber options (@kelloggus actually has more than 30 cereals that are a good source of fiber). Plus, whole grain cereal has is a quick, easy and delicious way to get essential vitamins and minerals that our bodies need. I love a good cereal bowl, and switching up the type of cereal you eat is a great way to make sure you don't get bored!

I forgot how much I loved @frostedminiwheats! They're sweet, hearty and super filling. My current fave lately!



#ad I'm always asked about breakfast, so I'm trying to do a better job of showing mine in the mornings!

cereal is one of my faves - such a good way to get some fiber in the morning 🍌



#ad fiber is super important for helping support digestive health and overall wellness

did you know @kelloggsus Raisin Bran is a high fiber cereal option?!



#ad I've been loving it lately. I usually pair it with Greek yogurt and fruit - doing berries today!



#ad high fiber breakfast to celebrate National Breakfast Week 🇺🇸: Kellogg's Raisin Bran with a chopped apple - took 2 minutes to throw together!

(way tastier than powders or supplements to get the fiber you need!)



#ad I love this cereal because unlike some high fiber cereals, it.. doesn't taste like bird food 🙄



#ad swipe up to read more on the blog about why I advocate for getting fiber at breakfast!