



Q1 2021


18g FIBER PER SERVING
0g ADDED SUGAR
GET REAL FIBER FROM FOOD








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7 Surprising Facts About Fiber

Test your knowledge of this super nutrient and start enjoying the wellness boost it provides

by General Mills Fiber One (Paid Content)



GENERAL MILLS

Want to start off 2021 with improved digestion, more energy, and a better mood? All of these benefits come from including more fiber in your diet.

If that surprises you, there may be a lot you don't know about this essential nutrient. Test your fiber smarts. Take this quiz and learn how simple changes to the foods you eat can put you on the road to better health and greater happiness in the New Year.

Question 1 of 7
✔ 0 Right ✖ 0 Wrong

According to health experts, what is the recommended daily amount of fiber for women and men over the age of 50?

- A. 8 grams for women, 12 for men
- B. 15 grams for women, 18 for men
- C. 21 grams for women, 30 for men
- D. 42 grams for women, 53 for men

Start your day off right by getting 18 grams of dietary fiber in one serving of Fiber One Original Cereal, giving you 55% of your daily fiber value. It's great right out of the box, with some fresh fruit, or used in recipes.

[Click here to get nutritious Fiber One™ Original Cereal recipes.](#)

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