



We've got more fiber-packed products here than you can shake a stick at! (What does that even mean, anyway?) Scroll down for great fiber finds with WAY more flavor than that stick you're shaking.

#### First in Fiber...



*The best place to get your fiber is from natural sources...*

**Vegetables** (broccoli, carrots, cauliflower, leafy greens)

**Fruits** (apples, berries, plums, pears)

**Whole grains** (brown rice, oats, whole-wheat products)

**Beans** (pick a bean, any bean!)

#### TOP ATE Fiber-licious Products We LOVE!

*The first three will be in the HG Hall of Fame someday...*

##### 1. Fiber One Bran Cereal (Original)

PER SERVING (1/2 cup): 60 calories, 1g fat, 105mg sodium, 25g carbs, 14g fiber, 0g sugars, 2g protein -- POINTS® value 0\*

Even with all the other great products F1 has been cranking out lately ([the 50-calorie yogurt](#) is DEFINITELY on our HOT list), we've gotta give props to [the stuff that started it all](#). We're sooooo happy that Fiber One made its way into our blender and onto [those onion rings](#). WE LOVE YOU, Fiber One!





## 2. Triple Chocolate Chunk VitaTops

PER SERVING (1 VitaTop): 100 calories, 1.5g fat, 150mg sodium, 23g carbs, 5g fiber, 10g sugars, 3g protein -- POINTS® value 1\*

Yeah, we talk about them almost as much as we chew them (which is a LOT), but no fiber-ific TOP ATE list could exist without [Vitas](#). Vitalicious has come a long way, with new flavors and products ([Vita coffee](#), anyone?), but this decadent, chocolate-packed muffin top is still our favorite. We like 'em plain, [in recipes](#), and even straight out of the freezer. SO YUMMY!

## 3. La Tortilla Factory Smart & Delicious Low Carb High Fiber Large Tortillas

PER SERVING (1 tortilla): 80 calories, 3g fat, 300mg sodium, 18g carbs, 12g fiber, 1g sugars, 8g protein -- POINTS® value 1\*

Another one of those super-special staples that helps to boost our fiber intake through the roof. (*The roof! The roof! The roof is on fiber!* Sorry, couldn't help it.) Just look at those stats -- they speak for themselves. Is it any wonder we love [these wraps](#)? (Pssst! The fact that they taste great doesn't hurt either.)



## 4. FiberGourmet Light Pasta

PER SERVING (2 oz. uncooked): 130 calories, 1g fat, 120mg sodium, 42g carbs, 18g fiber, 2g sugars, 6g protein -- POINTS® value 2\*

[This stuff](#) makes ordinary whole-wheat pasta seem skimpy on fiber. We've always liked the long fettuccine noodles, but the newer short shapes -- especially the penne and rotini -- rock our pasta-loving socks off. [Click here](#) to find a store near you that stocks the wonder noodles, or just [order online](#).

## 5. Progresso High Fiber Soup

PER SERVING (1 cup): 90 - 130 calories, 1.5 - 4g fat, 690mg sodium, 18 - 26g carbs, 7g fiber, 2 - 13g sugars, 3 - 8g protein -- POINTS® value 1 - 2\*

[This stuff](#) is relatively new, but since it combines two things we LOVE -- delicious guilt-free soup and a ton of fiber -- we can't ignore it. In varieties like Chicken Tuscany, Creamy Tomato Basil, Hearty Vegetable and Noodles, and Homestyle Minestrone, it makes us happy!





### 6. Kashi Mayan Harvest Bake

PER SERVING (One 10-oz. entrée): 340 calories, 9g fat, 380mg sodium, 58g carbs, 8g fiber, 19g sugars, 9g protein -- POINTS® value 7\*

In all the raving we've done over how delicious [this stuff](#) is, we may have neglected to highlight another attribute we love about it: the 8 grams of fiber. Between the grains, sweet potatoes, black beans, and pumpkin seeds, this entrée has it going ON, fiber-wise. Way to go, Kashi people!

### 7. Arnold Select/Oroweat Sandwich Thins

PER SERVING (1 roll): 100 calories, 1g fat, 210 - 230mg sodium, 21 - 23g carbs, 5g fiber, 2g sugars, 4 - 5g protein -- POINTS® value 1\*

Yes, [they're tasty, slim, and low in calories](#)... but among those low numbers and sleek proportions is a big 5 grams of fiber per roll. And this is just a building block of an item, too. Imagine all the stuff you can load onto this thing! It's the maximum-fiber bang for your minimum-calorie bread-y buck. YAY!



### 8. Just Tomatoes, Etc! Just Blackberries

PER SERVING (1 oz.): 90 calories, 0.5g fat, 0mg sodium, 22g carbs, 9g fiber, 14g sugars, 1g protein -- POINTS® value 1\*

WHOA. We're big fans of the freeze-dried fruit, but we're calling out the crunchy [blackberry variety](#) as a fiber all-star. An ounce may not SOUND like a lot, but since these babies are SUPER-light, you get a nice big portion size (about a cup). Berries rule!

### ATE GREAT Fiber-Filled Recipes!

*Eight more ways to get your fiber on! Who loves you?*

- 1. Lord of the Onion Rings - 16g fiber!** No matter how famous they get, [they remain totally humble](#)... and totally crunchy.
- 2. Sassy Southwestern Roll-Ups - 14g fiber!** Yay, beans! Yay, fiber-packed tortilla! [YAY, deliciousness!](#)
- 3. The Rat(atouille) Pack - 10.5g fiber!** Want a whole lot of natural-fiber veggie goodness? [We've got it right here.](#)
- 4. Nice to See Ya! Quesadilla - 15g fiber!** Wake up and



start your day RIGHT with [this cheesy, egg-y, bacon-licious breakfast](#) with a Mexican twist.

**5. Fiber-ific Chicken Parm - 11g fiber!** [This delicious take on a classic](#) will TOTALLY satisfy your need for hearty Italian dinners...

**6. Complete & Utter Oatmeal INSANITY! - 11g fiber!** Do you SEE that fiber count?! And that's in just [one bowl of oatmeal](#). MADNESS!

**7. Peachy-Keen Black Bean Soup - 7.25g fiber!** A mere [cup of this stuff](#) is fiber-ific -- and easy to make, too!

**8. Crazy-Good Carrot-Cake Pancakes - 8g fiber!** [A hearty, high-fiber breakfast](#) never tasted so much like a delicious dessert.

**HG News You Can Use!** Give Kraft [Bagel-fuls](#) a try -- it's a delicious, golden-toasted bagel and smooth Philadelphia cream cheese all in one! Be one of the first 200 people to [click here](#) (or email [Bagel-fuls@edelman.com](mailto:Bagel-fuls@edelman.com)) and provide your mailing address for your free sample! (No purchase necessary. Residents of the 50 U.S. and D.C. only, 18 and older.)

**CHEW ON THIS:**

February 12th, 2010, is Fiber Friday. (According to us, anyway.) [Check out our list of fiber picks](#). Then pick some up, and ENJOY your fiber, people!

Do your buddies get enough fiber? Probably not. Pass this info on! Click "Send to a Friend," and do it NOW!

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