

did you KNOW?

93% of Canadians don't get enough fibre each day.

All General Mills fibre 1 cereals contain high sources of fibre per serving, and are delicious! Help your customers achieve their health goals by offering fibre 1 cereal on your menu.



fibre 1*

Now you can choose fibre 1 cereals from a range of flavours, shapes and pack sizes to suit any operation.

fibre 1 Raisin Bran Clusters offers the great taste of plump raisins, oat clusters, and a hint of honey.

fibre 1 Honey Clusters offers a high fibre flake with the delicious taste of honey.

fibre 1 Original has the unique combination of good taste, high fibre, and the powerful benefits of whole grains, with no added sugar.

Just don't compare it, taste it!

	Serving Size (g) (1 cup)	Calories (mg)	Fat (g)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)
fibre 1 Raisin Bran Clusters	57	220	1.5	270	11	14	4
2 Scoops Raisin Bran*	55	180	1	340	6	16	5

* Reference: Kelloggs.ca

	Serving Size (g) (1/2 cup)	Calories (mg)	Fat (g)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)
fibre 1 Original	29	100	0.5	105	14	0	2
All-Bran Original*	36	90	1	310	12	7	4

* Reference: Kelloggs.ca

Product Description	GM Code	Pack Size	SCC Code	Kosher
Big G Individual Portion Cereal				
fibre 1 Original	12848	96/30g	1-00-65633-12848-1	OU-D
fibre 1 Raisin Bran Cereal	28152	96/30g	1-00-65633-28152-0	UD
Food Service Bulk Sleeve Pack				
fibre 1 Raisin Bran Cereal	28151	4 x 1675g	1-00-65633-28151-3	UD
Retail Box Cereal				
fibre 1 Original	75631	12/450g	1-00-65633-75631-1	OU
fibre 1 Honey Cluster	41801	12/425g	1-00-65633-41801-8	OU-D
fibre 1 Raisin Bran Cereal	15663	12/490g	1-00-65633-15663-7	UD

OU = Certified Kosher Parere. OU-D = Certified Kosher Dairy UD = Certified Kosher Gelatin

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