

*Kellogg's*<sup>®</sup>

**FIBER  
DIET  
PLANNER**



# Kellogg's Fiber Diet Planner

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**DAY 1****1200 CALORIE DIET**

<b>BREAKFAST</b>		<b>Calories</b>	<b>Dietary Fiber (In Grams)</b>
1/2 cup	Grapefruit Juice, unsweetened	50	0
1/2 cup (1 oz.)	Kellogg's® Cracklin' Bran® cereal	110	4.0
1 slice	Whole Wheat Toast	50	2.1
1 pat	Butter (or margarine)	35	0
1 cup	Skim Milk	85	0
1 cup	Coffee, black	5	0
		<b>335</b>	<b>6.1</b>
<b>LUNCH</b>			
Ham and Cheese Sandwich:			
3 ounces	Ham, lean only	200	0
1 ounce	Swiss Cheese	95	0
2 leaves	Lettuce	0	0.2
2 slices	Whole Wheat Bread	100	4.2
1 stalk	Celery	5	0.7
1 cup	Skim Milk	85	0
		<b>485</b>	<b>5.1</b>
<b>DINNER</b>			
3 ounces	Fish Fillet, Flounder	120	0
1 tsp.	Lemon Juice	0	0
1/2 cup	Carrots	15	2.3
1/2 cup	Asparagus, cut	15	1.1
1/2 slice	Bran Banana Bread	115	1.8
1 cup	Coffee, black	5	0
		<b>270</b>	<b>5.2</b>
<b>SNACK</b>			
1 medium	Apple, with peel	75	3.3
		75	3.3
<b>DAY'S TOTAL</b>		<b>1165</b>	<b>19.7</b>

**1500 CALORIE DIET****LUNCH (ADD)**

4	Vanilla Wafers	75	0
2 medium	Plums	10	0.4

**SNACKS (ADD)**

1 cup	Yogurt, fruit variety	230	0
		315	0.4

**DAY'S TOTAL****1480****20.1**

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## RECIPES

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### BRAN BANANA BREAD

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- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups mashed, fully ripe bananas
- 1 1/2 cups Kellogg's® All-Bran® cereal or  
Kellogg's® Bran Buds® cereal
- 1/2 cup margarine or butter, softened
- 3/4 cup sugar
- 2 eggs
- 1/2 cup coarsely chopped nuts

1. Stir together flour, baking powder, soda and salt. Set aside.
2. In medium-size mixing bowl, stir together mashed bananas and All-Bran cereal. Let stand 2 to 3 minutes or until cereal is softened.
3. In large mixing bowl, beat margarine and sugar until well blended. Add eggs. Beat well. Mix in cereal mixture. Stir in flour mixture. Stir in nuts. Spread batter evenly in greased 9 × 5 × 3-inch loaf pan.
4. Bake in oven at 350° F. about 1 hour or until wooden pick inserted near center comes out clean. Let cool 10 minutes before removing from pan. Cool completely on wire rack before slicing.

YIELD: 1 loaf (15 slices)

VARIATIONS: 2 1/2 cups Kellogg's® 40% Bran Flakes cereal may be substituted for the All-Bran cereal. Or use 1 1/2 cups Kellogg's® Cracklin' Bran® cereal, crushed, and decrease sugar to 1/2 cup.