

Treat Yourself To Better Nutrition

(NAPSA)—According to the National Health and Nutrition Examination Survey, less than 10 percent of Americans are consuming the recommended levels of fiber each day. Another survey from the Hartman Group found that consumers are also looking to add more antioxidants and other nutrients to their diets.

Now, Kellogg Company is making it easier to improve your nutri-



Kristi Yamaguchi

tion with its new *Kellogg's FiberPlus*[™] Antioxidants snack bars, which contain 35 percent of the daily recommended value of fiber, plus 20 percent of the daily recommended value of

antioxidants vitamin E and zinc.

“Consumers have always been looking for ways to add more fiber to their diets, and they know fiber is only one important part of overall nutrition,” said Julie Salmen, R.D., Kellogg Company. “Kellogg's FiberPlus Antioxidants snack bars make it easy to enjoy a wider range of nutritional benefits.”

With many Americans not getting enough vitamin E and zinc, it's important to include antioxidant-rich foods in the diet for overall nutrition. Figure skater and *Dancing with the Stars* champion Kristi Yamaguchi also knows the importance of overall nutrition. As an athlete and a busy mom, she appreciates nutritious and convenient snacks.

“As a mom, I know it's often difficult to get enough nutrition,” Yamaguchi said. “Foods like new Kellogg's FiberPlus Antioxidants snack bars are a great way to treat yourself to better nutrition.”