



KELLOGG'S  
RAISIN BRAN

VS.

QUAKER OATMEAL SQUARES



**FOOD COURT**

## The Fiber Fib

Cereal is Not What it Appears

If **heart health is important to you**, fiber may be your best option. High-fiber foods will make you feel full faster, which can help decrease your caloric intake, thereby helping you to lose weight. Fiber is also known to reduce cholesterol, prevent heart disease and keep the intestines functioning normally. Good sources of fiber that taste great, in addition to fruits and vegetables, include bran, oat and wheat. Many cereals on the market today contain these ingredients and are therefore good high-fiber food choices. Two of the most popular include Kellogg's Raisin Bran and Quaker Oatmeal Squares. One of these cereals has more fiber per serving than the other but, more importantly, contains a higher fiber to calorie ratio. Can you guess which cereal is the most heart healthy?

### The Verdict is In

With 7 grams of fiber and 190 calories per 1 cup serving, Kellogg's Raisin Bran contains more fiber and fewer calories than Quaker Oatmeal Squares, which contains 5 grams of fiber and 230 calories per 1 cup serving. Raisin Bran therefore wins with a higher fiber to calorie ratio. In 230 calories of Raisin Bran there are 8.5 grams of fiber. The more fiber and fewer calories the cereal contains, the better the cereal is for your health.

**FITNESS**

## VFT-100 for Your Home Gym

**For home gyms, the Vectra VFT-100 is a piece of exercise equipment worth looking into.**

The philosophy behind the VFT-100 is functional training that will help increase the strength of your core while strengthening your muscles. The adjustable pulley positions on the machine allow you to perform a variety of traditional exercises and select a precise angle to help you train for a specific sport. Every machine comes with two large, detailed exercise posters emphasizing the more traditional exercises involved in core training, in addition to sports-related training exercises. The VFT-100 not only occupies a small amount of space, but all adjustments are in the front so it can be set against a wall. A bench that features seven different training angles is included and can be used with the VFT-100 or pulled away from the machine to be used with dumbbells.

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