

High Fibre <i>Total Fibre per Cup(g)</i>		Medium Fibre <i>Total Fibre per Cup(g)</i>		Low Fibre <i>Total Fibre per Cup(g)</i>	
Kellogg's All Bran Buds	32.1	Post Shredded Wheat Spoon Size	7.1	General Mills Cheerios	2.0
General Mills Fibre 1	26.6	Post Raisin Bran	7.0	General Mills Honey Nut Cheerios	2.0
President's Choice Fibre First Multi Bran	25.8	Quaker Oat Bran	6.9	Leclerc Frosted Puffed Wheat	1.9
Post 100% Bran	22.4	Kellogg's Raisin Bran	6.4	General Mills Multigrain Cheerios	1.8
Kellogg's All Bran	22.3	Quaker Multigrain Life	6.4	Quaker Puffed Wheat	1.4
Kashi Summer Berry Granola	13.6	Kellogg's Cinnamon Streusel Mini Wheats	5.8	Quaker Cap N' Crunch	0.8
Kashi Mountain Medley Granola	12.7	Quaker Corn Bran	5.5	Kellogg's Corn Flakes	0.6
Kashi High Fibre Flakes and Granola	10.8	Kellogg's Original Mini Wheats	5.3	Kellogg's Frosted Flakes	0.6
		Quaker Oatmeal	4.7	Leclerc Corn Flakes	0.6
		Kellogg's All Bran 'Bran Flakes'	4.5	Kellogg's Rice Krispies	0.3
		Kashi Medley	4.0	Kellogg's Special K	0.3
		Kellogg's 5 Grain Special K	3.9		
		Quaker Life	2.8		