

post shredded wheat nutrition

post shredded wheat nutrition is an important topic for individuals seeking a healthy, fiber-rich breakfast option. Shredded wheat cereals, particularly those offered by Post Consumer Brands, are known for being minimally processed and offering substantial nutritional benefits. This article explores the nutritional profile of Post Shredded Wheat, highlighting its macronutrients, micronutrients, and health benefits. Additionally, it compares Post Shredded Wheat nutrition with other popular breakfast cereals to provide a comprehensive understanding. For those managing specific dietary needs, this guide also covers potential allergens and dietary considerations related to Post Shredded Wheat. Read on to discover the detailed nutritional composition and the role this cereal can play in a balanced diet.

- Overview of Post Shredded Wheat Nutrition
- Macronutrient Composition
- Micronutrients and Vitamins
- Health Benefits of Post Shredded Wheat
- Comparing Post Shredded Wheat to Other Cereals
- Dietary Considerations and Allergens

Overview of Post Shredded Wheat Nutrition

Post Shredded Wheat is a whole grain cereal made primarily from wheat, designed to provide a wholesome start to the day. It is recognized for its simple ingredients and high fiber content, making it a popular choice for those focused on digestive health and sustained energy release. The nutrition profile of Post Shredded Wheat emphasizes minimal added sugars and fats, aligning with dietary guidelines that encourage whole grains and nutrient-dense foods. Understanding the overall nutritional value helps consumers make informed choices regarding breakfast options.

Macronutrient Composition

The macronutrient content of Post Shredded Wheat is a key factor in its nutritional appeal. This cereal offers a balanced profile that supports energy needs while promoting satiety.

Carbohydrates and Fiber

Carbohydrates are the primary macronutrient in Post Shredded Wheat, providing a steady source of glucose for energy. Notably, it contains a high amount of dietary fiber, especially insoluble fiber, which aids in digestive health and helps maintain regular bowel movements. The fiber content contributes to a low glycemic index, which can benefit blood sugar management.

Protein Content

While not a high-protein food, Post Shredded Wheat does contribute a moderate amount of protein derived from whole wheat. This supports muscle maintenance and repair when combined with other protein sources throughout the day.

Fat Content

Post Shredded Wheat is very low in fat, with negligible saturated fat or trans fat. This makes it suitable for heart-healthy diets and those aiming to reduce overall fat intake.

- Carbohydrates: Approximately 40-45 grams per serving
- Dietary Fiber: Around 6-7 grams per serving
- Protein: Approximately 5 grams per serving
- Total Fat: Less than 1 gram per serving

Micronutrients and Vitamins

In addition to macronutrients, Post Shredded Wheat provides essential vitamins and minerals that support overall health. These micronutrients enhance the cereal's nutritional value beyond basic energy provision.

Key Minerals

Post Shredded Wheat is a good source of important minerals such as iron, magnesium, and zinc. Iron is vital for oxygen transport in the blood, magnesium supports muscle and nerve function, and zinc plays a role in immune system health.

Vitamins

The cereal is often fortified with B vitamins including thiamin (B1), riboflavin (B2), niacin (B3), and folic acid (B9). These vitamins are crucial for energy metabolism, nervous system function, and red blood cell formation. However, it contains minimal amounts of fat-soluble vitamins such as A, D, E, and K unless fortified.

Health Benefits of Post Shredded Wheat

Consuming Post Shredded Wheat can contribute positively to health through its nutrient-dense profile and high fiber content. The cereal supports several aspects of well-being when incorporated into a balanced diet.

Digestive Health

The abundant dietary fiber in Post Shredded Wheat promotes healthy digestion by increasing stool bulk and supporting regularity. Fiber also acts as a prebiotic, fostering beneficial gut bacteria that enhance immune function and nutrient absorption.

Heart Health

Whole grains like those in Post Shredded Wheat are associated with a reduced risk of cardiovascular disease. The low fat and cholesterol content, combined with fiber's ability to lower LDL cholesterol, contribute to heart health.

Weight Management

Post Shredded Wheat's fiber and complex carbohydrates provide sustained fullness and help control appetite, which can assist with weight management and prevent overeating.

Comparing Post Shredded Wheat to Other Cereals

When compared to many other breakfast cereals, Post Shredded Wheat stands out for its simplicity and nutritional quality. Many popular cereals contain added sugars, artificial flavors, and preservatives, whereas shredded wheat focuses on whole grain content.

- **Added Sugars:** Post Shredded Wheat typically contains no added sugars, unlike many flavored cereals.
- **Fiber Content:** It generally offers higher fiber levels than refined grain cereals.
- **Ingredient List:** Shredded wheat cereals often have minimal ingredients, primarily whole wheat and sometimes added vitamins.

- **Protein and Fat:** Comparable to other whole grain cereals, maintaining low fat and moderate protein.

Dietary Considerations and Allergens

While Post Shredded Wheat is a nutritious choice, certain dietary restrictions and allergies should be considered before consumption.

Gluten Content

Post Shredded Wheat contains gluten, as it is made from wheat. This makes it unsuitable for individuals with celiac disease or gluten intolerance.

Potential Allergens

Aside from gluten, the cereal is generally free from major allergens such as dairy, nuts, and soy, although cross-contamination risks should be checked on packaging for sensitive individuals.

Suitability for Special Diets

Post Shredded Wheat is appropriate for vegetarian diets and can fit into many weight management and heart-healthy eating plans due to its nutrient composition and lack of animal products.

Frequently Asked Questions

What are the main nutritional benefits of Post Shredded Wheat?

Post Shredded Wheat is high in dietary fiber, providing a good source of whole grains which support digestive health and help maintain steady blood sugar levels.

How many calories are in a serving of Post Shredded Wheat?

A typical serving of Post Shredded Wheat contains approximately 180 calories, making it a moderate-calorie breakfast option.

Is Post Shredded Wheat a good source of fiber?

Yes, Post Shredded Wheat is rich in dietary fiber, offering around 6 grams per serving, which aids in digestion and promotes satiety.

Does Post Shredded Wheat contain added sugars?

No, Post Shredded Wheat does not contain added sugars, making it a healthy choice for those monitoring sugar intake.

How much protein does Post Shredded Wheat provide?

Each serving of Post Shredded Wheat provides about 6 grams of protein, contributing to daily protein needs.

Is Post Shredded Wheat gluten-free?

No, Post Shredded Wheat is made from wheat and is not gluten-free, so it is not suitable for individuals with gluten intolerance or celiac disease.

What vitamins and minerals are found in Post Shredded Wheat?

Post Shredded Wheat is fortified with essential vitamins and minerals such as iron, B vitamins (including folic acid), and zinc, supporting overall health.

Can Post Shredded Wheat help with weight management?

Yes, due to its high fiber content and low calorie density, Post Shredded Wheat can help promote feelings of fullness and support weight management when included in a balanced diet.

Is Post Shredded Wheat low in fat?

Yes, Post Shredded Wheat is naturally low in fat, with less than 1 gram of fat per serving, making it a heart-healthy cereal option.

How does Post Shredded Wheat affect blood sugar levels?

Post Shredded Wheat has a low glycemic index thanks to its whole grain fiber, which helps slow the absorption of sugar and maintain stable blood glucose levels.

Additional Resources

1. *Beyond the Bowl: Nutritional Insights After Shredded Wheat*

This book explores the nutritional impact of shredded wheat as a breakfast choice and delves into what happens to the body's nutrient profile after consumption. It covers digestion, absorption, and the role of shredded wheat in maintaining balanced blood sugar levels. Readers will find practical advice on pairing shredded wheat with other foods to optimize nutrition.

2. *The Post-Shredded Wheat Diet: Maximizing Health Benefits*

Focusing on the aftermath of eating shredded wheat, this guide discusses how to enhance its health benefits through complementary foods and lifestyle choices. It explains the importance of fiber, vitamins, and minerals found in shredded wheat and how they support digestive health and energy throughout the day. The book also includes meal plans and recipes to maintain nutritional balance.

3. *Shredded Wheat and Blood Sugar: What Comes Next?*

This book analyzes the glycemic response after consuming shredded wheat and offers strategies to manage blood sugar levels effectively. It provides scientific insights into the carbohydrate content and fiber's role in modulating glucose absorption. The author also discusses the implications for people with diabetes and those aiming for metabolic health.

4. *Digestive Health After Shredded Wheat: A Nutritional Guide*

A comprehensive look at how shredded wheat influences gut health post-consumption, focusing on fiber's role in digestion and microbiome balance. The book explains how shredded wheat supports bowel regularity and promotes beneficial bacteria growth. It also offers tips on combining shredded wheat with probiotics and other gut-friendly foods.

5. *Energy and Endurance: The Role of Shredded Wheat Nutrition Post-Meal*

This title examines how shredded wheat contributes to sustained energy release and endurance after eating. It highlights the slow-digesting carbohydrates and essential nutrients that help maintain stamina throughout the day. The book is ideal for athletes and active individuals seeking to optimize their nutrition.

6. *Weight Management and Shredded Wheat: Post-Consumption Effects*

Exploring shredded wheat's role in satiety and weight control, this book discusses how the cereal's high fiber content helps reduce overeating. It provides evidence-based advice on incorporating shredded wheat into a calorie-conscious diet. The author also addresses common myths and offers practical tips for long-term weight management.

7. *Post-Shredded Wheat Nutrient Absorption: What Science Reveals*

Delving into the science of nutrient absorption after eating shredded wheat, this book explains how its components interact with the digestive system. It covers vitamins, minerals, and phytochemicals present in shredded wheat and their bioavailability. Readers gain a deeper understanding of how shredded wheat contributes to overall nutrient intake.

8. *Combining Shredded Wheat with Other Foods: Post-Meal Nutrition Strategies*

This book provides guidance on how to pair shredded wheat with proteins, fats, and fruits to create nutritionally balanced meals. It discusses synergistic effects that enhance nutrient uptake and improve satiety. The author offers practical meal ideas and explains the science behind effective food combinations.

9. *Shredded Wheat and Heart Health: Nutritional Outcomes After Eating*

Focusing on cardiovascular benefits, this book reviews how shredded wheat consumption impacts cholesterol levels, blood pressure, and heart disease risk factors. It explains the role of whole grains and fiber in promoting heart health post-meal. The book is supported by current research and includes dietary recommendations for heart-conscious readers.

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post shredded wheat nutrition: The Eat This, Not That! No-Diet Diet David Zinczenko, Matt Goulding, 2014-11-04 David Zinczenko and Matt Goulding build on the success of their wildly popular Eat This, Not That! series to create a complete morning-to-night, 365-day eating plan that will have you enjoying all your favorite foods—and help you shed pounds with ease. Imagine a diet plan that lets you eat at Burger King, McDonald's, Dunkin' Donuts, and Olive Garden—and still strip away 10, 20, even 30 pounds or more. A diet plan that lets you order takeout pizza, whip up a box of macaroni and cheese, even reach into the freezer section for ice cream—and never worry about gaining weight or going hungry. A diet plan that lets you enjoy your most indulgent comfort foods whenever you want—and actually teaches you how to eat them more often! The Eat This, Not That! No-Diet Diet is the easiest, most revolutionary weight-loss plan ever created. Whether you're in the drive-through, the family restaurant, the supermarket aisle, or your own kitchen, you make dozens of decisions every day that affect your weight and your health. Now, those decisions will be a breeze. Dana Bickelman of Waltham, Massachusetts, lost 70 pounds in one year, while still enjoying her favorite restaurants: Dunkin' Donuts and Olive Garden. "Boys want to say hi to me now, and that's awesome," she exclaims. "I've never had this kind of attention before, and it's wonderful." Michael Colombo of Staten Island, New York, lost 91 pounds in less than 9 months, while eating his favorite McDonald's sandwiches—and skipping products labeled as "health food." "It's a lot easier than [I] thought," he says. "My confidence has skyrocketed." Erika Bowen of Minneapolis, Minnesota, dropped 84 pounds in 17 months, just by shopping smarter in the supermarket. "There was a time when I refused to wear tank tops," she says. "But now I'm very comfortable in my own skin, and I'm wearing things I'd never have worn before." No matter where you are or what you crave, you'll be stunned to discover how easy losing weight can be.

post shredded wheat nutrition: Martial Arts Nutrition Teri Tom, MS, RD, 2012-03-13 Learn nutrition secrets from Teri Tom, dietitian to popular fighters such as boxing's Manny Pacquiao and Amir Khan, and MMA's Andrei Arlovski! In the martial arts and combat sports, it's important--and sometimes a matter of life and death--not to have any weak links in your fighting arsenal. The same principle applies to your approach to nutrition and fitness. Train and fuel yourself methodically, and you can't miss, as the registered dietitian and trainer Teri Tom details here. Your conditioning, your training regimen, and your body are in a constant state of change...and your nutrition approach must vary according to give you exactly what you need when you need it. Whether your goal is weight loss, to build muscle, or break through a plateau, here are the nutrition techniques to prepare you for any scenario. Teri Tom, M.S., R.D., a registered dietitian, strength and conditioning coach, and leading authority on Bruce Lee's Jeet Kune Do, explains exactly how the nutrients you consume impact your martial arts performance--and sometimes in ways you might not expect. No

stranger to the challenges of competition, she guides you in choosing the best nutrition techniques to achieve your martial arts goals.

post shredded wheat nutrition: *Essentials of Pediatric Nutrition - BOOK ONLY* Patricia Queen Samour, Samour, Kathy King, 2011-12-21 *Essentials of Pediatric Nutrition* relays the key information that is needed to work in pediatric nutrition and with various age groups and diseases/conditions. It is different from the very successful fourth edition of *Pediatric Nutrition*, which is a complete textbook that includes evidence-based research, discussion behind the clinical decisions and best-practice guidelines. This consolidated and modified version covers the core best-practice guidelines with limited discussion on the most needed information on the normal child from preconception through adolescence as well as infants and children with diseases/conditions affecting nutritional status. *Essentials of Pediatric Nutrition* provides the tools and resources needed to assess, monitor, and determine appropriate interventions aimed at maximal nutrition status and growth. Because infants and children have unique nutritional needs and physiology, advanced study in pediatric nutrition by health practitioners is vital for exemplary health care. This book contains the essential and unique nutritional information that pediatric practitioners can use and apply in their individual settings for each infant or child. This book is intended for use by all students learning about pediatric nutrition and for practitioners managing the nutrition of pediatric groups and individuals.

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learning is emphasized and expanded throughout the text, citing key websites. Useful appendixes include information on cholesterol content, fiber content, cultural and religious dietary patterns, and more. A companion website contains case studies applying chapter content to real-life examples, 350 study questions for instant self-assessment, the most recent growth charts from the CDC, the ADA's Nutrition Care Process, and links to online information sources. Mosby's NUTRITRAC Nutrition Analysis and Weight Management CD offers the perfect clinical practice tool, letting you create customized personal profiles and analyze food intake and energy output - by using a database of more than 3,000 foods and more than 150 sporting, recreational, and occupational activities. Unique! Content threads share features with other LPN/LVN titles from Elsevier for a consistent learning experience. More than 50 new illustrations include more age and culturally diverse images as well as more illustrations of disease states. New assessment tools in the text include the Mini Mental State Examination, PAR-Q (Physical Activity Readiness Questionnaire), body composition measurement tools, and tools for energy requirement calculations. Drug-Nutrient Interaction boxes highlight potential adverse effects of specific medications. Updated statistics on diseases and conditions illustrate emerging trends and hot topics such as obesity and supplement use. Updated Choose Your Foods: Exchange Lists for Diabetes in the appendix includes new content for culturally diverse populations. A new figure illustrates the complex processes of digestion and metabolism. Water Balance chapter includes the DRIs for fluids and provides the water content of selected foods. Nutrition in Infancy, Childhood, and Adolescence chapter adds information on the growing problem of overweight and obese children. Weight Management chapter covers food misinformation and fads, addressing the dangers and the groups vulnerable to such misinformation. Gastrointestinal and Accessory Organ Problems chapter includes recent research on the pathogenesis of celiac disease along with the principles and selected foods of the gluten-free diet for treatment. Coronary Heart Disease and Hypertension chapter is updated to follow the now-standard Therapeutic Lifestyle Change (TLC) diet to treat hypertension. Surgery and Nutritional Support chapter includes considerations and diets used in treatment for the post-bariatric surgery patient.

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disease. It's time we started treating it like one. Science has offered undisputed proof that alcoholism is a disease rather than a weakness of character, yet millions of alcoholics continue to suffer due to inappropriate treatment. Now the co-author of the modern classic *Under the Influence* has teamed up with prominent alcoholism experts to provide new answers to this national epidemic. Based on the latest scientific research, *Beyond the Influence* clearly explains the neurological nature of the disease and reveals why some people drink addictively and others do not. It also spells out what needs to be done to treat alcoholism, including: Steps to take for an intervention How to find the right treatment program Which psychological approaches work best Why spirituality is essential to recovery New insights into relapse prevention What you should know about diet, exercise, and nontraditional treatments such as acupuncture Provocative and eye-opening, compelling and compassionate, *Beyond the Influence* is not only a message of hope for alcoholics--it is a blueprint for saving lives. *Beyond the Influence* explains that alcoholism is a disease of the body, not a weakness of character. Drawing on the latest scientific studies, the authors present new research on the central role of genetics and neurotransmitters in addiction. Continuing where the prior book left off, it also includes: Steps for diagnosis and intervention, plus ways to prevent relapses Various treatment models, including inpatient and out-patient programs and a review of new drug treatments The most effective types of psychological counseling The critical role of nutrition Non-traditional healing methods for recovery The importance of a spiritual component to recovery The authors also critique our nation's alcoholism policies, including education and prevention programs, efforts to curtail college bingeing and underage drinking, and the advertising and marketing strategies of the alcohol industry.

post shredded wheat nutrition: *Eat Well & Keep Moving* Lilian W.Y. Cheung, Hank Dart, Sari Kalin, Brett Otis, Steven L. Gortmaker, 2015-12-23 In North America obesity continues to be a problem, one that extends throughout life as children move into adolescence and adulthood and choose progressively less physical activity and less healthy diets. This public health issue needs to be addressed early in childhood, when kids are adopting the behaviors that they will carry through life. *Eat Well & Keep Moving*, Third Edition, will help children learn physically active and nutritionally healthy lifestyles that significantly reduce the risk of obesity, heart disease, high blood pressure, type 2 diabetes, and other diseases. **BENEFITS** This award-winning evidence-based program has been implemented in all 50 states and in more than 20 countries. The program began as a joint research project between the Harvard School of Public Health (currently the Harvard T.H. Chan School of Public Health) and Baltimore Public Schools. In extensive field tests among students and teachers using the program, children ate more fruits and vegetables, reduced their intake of saturated and total fat, watched less TV, and improved their knowledge of nutrition and physical activity. The program is also well liked by teachers and students. This new edition provides fourth- and fifth-grade teachers with the following: • Nutrition and activity guidelines updated according to the latest and best information available • 48 multidisciplinary lessons that supply students with the knowledge and skills they need when choosing healthy eating and activity behaviors • Lessons that address a range of learning outcomes and can be integrated across multiple subject areas, such as math, language arts, social studies, and visual arts • Two new core messages on water consumption and sleep and screen time along with two new related lessons • A new Kid's Healthy Eating Plate, created by nutrition experts at the Harvard T.H. Chan School of Public Health, that offers children simple guidance in making healthy choices and enhances the USDA's MyPlate *Eat Well & Keep Moving* also offers a web resource that contains numerous reproducibles, many of which were included in the book or the CD-ROM in previous editions. A separate website, www.eatwellandkeepmoving.org, provides detailed information for food service managers interested in making healthful changes to their school menus; this information includes recipes, preparation tips, promotional materials, classroom tie-ins, and staff training. The web resource also details various approaches to getting parents and family members involved in *Eat Well & Keep Moving*. A Holistic Approach *Eat Well & Keep Moving* is popular because it teaches nutrition and physical activity while kids are moving. The program addresses both components of health simultaneously,

reinforcing the link between the two. And it encompasses all aspects of a child's learning environment: classroom, gymnasium, cafeteria, hallways, out-of-school programs, home, and community centers. Further, the material is easily incorporated in various classroom subjects or in health education curricula. Eight Core Principles Central to its message are the eight core Principles of Healthy Living. Those principles—at least one of which is emphasized in each lesson—have been updated to reflect key targets as defined by the CDC-funded Childhood Obesity Research Demonstration partnership. These are the principles:

- Make the switch from sugary drinks to water.
- Choose colorful fruits and vegetables instead of junk food.
- Choose whole-grain foods and limit foods with added sugar.
- Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.
- Eat a nutritious breakfast every morning.
- Be physically active every day for at least an hour per day.
- Limit TV and other recreational screen time to two hours or less per day.
- Get enough sleep to give the brain and body the rest it needs.

Flexible, Inexpensive, Easy to Adopt

The entire curriculum of Eat Well & Keep Moving reflects the latest research and incorporates recommendations from the latest Dietary Guidelines for Americans. It fits within school curricula, uses existing school resources, is inexpensive to implement, and is easy to adopt. The content is customizable to school and student population profiles and can help schools meet new criteria for federally mandated wellness policies. Most important, armed with the knowledge they can gain from this program, elementary students can move toward and maintain healthy behaviors throughout their lives.

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