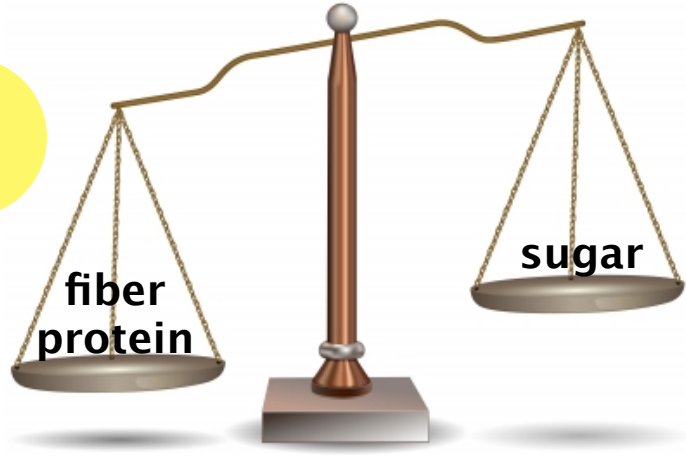


# The Altman Rule

$g \text{ protein} + g \text{ fiber} > g \text{ sugar}$

3 g fiber minimum

Check the nutrition facts  
Check serving size  
Apply the rule!



## To use the Altman Rule:

1. Locate the grams of sugar, protein, and fiber on the food label. Be sure to check the serving size.

2. Make sure there are at least 3 grams of fiber.

3. Add the grams of protein and fiber:

$$4 \text{ g protein} + 4 \text{ g fiber} = 8 \text{ g}$$

4. Compare the grams of protein and fiber to the total grams of sugar

$$8 \text{ g protein \& fiber} < 19 \text{ g sugar}$$

5. If the grams of protein + fiber total is greater than (>) total grams of sugar, the product is a **good choice**; if it is less than (<), it is **not** the best choice.

Kellogg's<sup>®</sup>  
Raisin Bran Crunch<sup>®</sup>

<b>Nutrition Facts</b>		
Serving Size	1 Cup (53g)	
	Cereal	with 1/2 cup skim milk
Amount Per Serving		
<b>Calories</b>	190	230
Calories from Fat	10	10
	<b>% Daily Value**</b>	
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>	<b>11%</b>
<b>Potassium</b> 210mg	<b>6%</b>	<b>12%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>	<b>17%</b>
Dietary Fiber 4g	<b>17%</b>	<b>17%</b>
Sugars 19g		
Protein 4g		
Vitamin A	10%	15%
Vitamin C	2%	4%