Nutritional value of grape nuts

Grape-Nuts are a great choice for you.

**Nutritional Data**

Grape-Nuts provide several health benefits. They are low in calories and high in fiber, which can help you feel full and satisfied. They also contain a good amount of calcium and magnesium, which are important for bone health. Grape-Nuts are a good source of protein and can help you feel full and satisfied.

**Calories and Nutrients per Serving**

- Calories: 170
- Total Fat: 1 g
- Saturated Fat: 0 g
- Trans Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 300 mg
- Total Carbohydrates: 34 g
- Dietary Fiber: 14 g
- Sugars: 1 g
- Protein: 9 g

**Health Benefits**

- **High Fiber:** Grape-Nuts are a good source of fiber, which can help keep you feeling full and satisfied.
- **Low Calorie:** They are low in calories, making them a great option for those watching their weight.
- **High Protein:** They contain a good amount of protein, which can help keep you feeling full and satisfied.
- **Calcium and Magnesium:** They are a good source of these important minerals, which are important for bone health.
- **No Added Sugars:** They contain no added sugars, which can help keep your blood sugar levels stable.

**Preparation Ideas**

- **Breakfast Cereal:** Sprinkle Grape-Nuts over yogurt or milk for a healthy breakfast.
- **Snack:** Grab a handful of Grape-Nuts for a quick, healthy snack.
- **Mix-ins:** Add Grape-Nuts to your favorite snacks, like granola bars or energy balls.

**FAQs**

1. **Are Grape-Nuts good for you?**
   - Yes, they are a great choice for healthy snacking or as a breakfast cereal.
2. **Are Grape-Nuts low in calories?**
   - Yes, they are low in calories and can help with weight management.
3. **Are Grape-Nuts high in fiber?**
   - Yes, they are a good source of fiber, which can help keep you feeling full and satisfied.

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