



The Oat BG22 Crispy Cereal Snack Pack comes in convenient packs so children can enjoy a high-fibre snack even when on the go.

Healthy snack for kids

ONE in seven children in Malaysia is affected by obesity. In accordance to the *Malaysian Dietary Guidelines for Children and Adolescents*, it is advisable for everyone, especially parents, to identify and give children cereal foods that are high in fibre and low in fat, sugar and sodium.

Studies show consistent benefits of dietary fibre in body weight control and digestive health among children and adults.

Paediatric experts favour increasing fibre consumption as the first treatment option for chronic constipation in healthy children, before resorting to laxatives.

High fibre, high protein

One packet (15g) of Oat BG22 Crispy Cereal Snack Pack is high in fibre and protein and contains only 51kcal. Made from oat bran from Germany, the snack is rich in iron and magnesium.

Children can enjoy one or two packets of the crispy cereal a day with fresh fruits, milk and yoghurt or eat the snack straight

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from the packet to increase daily fibre intake.

High fibre intake has been associated with improved bowel function and better weight management.

■ For more information, call 03-7956 2220 (Monday to Friday, 9am to 5pm), e-mail info@biogrow.com.my or visit www.fb.biogrow.com.my.