

MORE QUESTIONS AND ANSWERS

What is better for you oatmeal or Cream of Wheat?

Oatmeal has more calories, fibre, protein, and nutrients than cream of wheat, with a 1-cup serving of oatmeal having 166 calories, 4-5 grams of dietary fibre, 5-6 grams of protein, and over ten percent of the daily value for essential nutrients; and a 1-cup serving of cream of wheat having 126 calories, 1-2 grams of ...

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Is cream of wheat high in Fibre?

Carbs: 28 grams. Fiber: 1 gram. Iron: 58% of the Daily Value (DV)

Is Cream of Wheat easy to digest?

“Eating on an upset stomach may not sound appealing, but keep in mind that having certain foods can soothe your stomach and help you feel better sooner.” If your stomach is upset, Mills recommends eating: Warm cereals like Cream of Wheat, Cream of Rice and oatmeal.

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