

TIPS FOR GETTING YOUR **RECOMMENDED AMOUNT OF FIBER**

Try a High Fiber breakfast cereal

Raisin Bran = 7g fiber

Look for “bran” and “whole wheat” on product packages or menu descriptions.

1 slice whole wheat bread = 3g fiber

Eat the Whole Fruit instead of juice

1 medium orange = 3g fiber

Keep the Skin On

Eating fruits and vegetables with the skin will increase the amount of fiber

Baked potato with skin = 4g fiber

Love the Legumes

Dried beans, peas and lentils are an excellent source of fiber and nutrients

1/2 cup kidney beans = 8g fiber

Go Nuts for Nuts

Use nuts on salads, vegetables, desserts or alone for a nutritious snack.

1 oz almonds = 3g fiber

Beautiful Berries are an excellent source of fiber and also low in calories!

1/2 cup raspberries = 4g fiber