

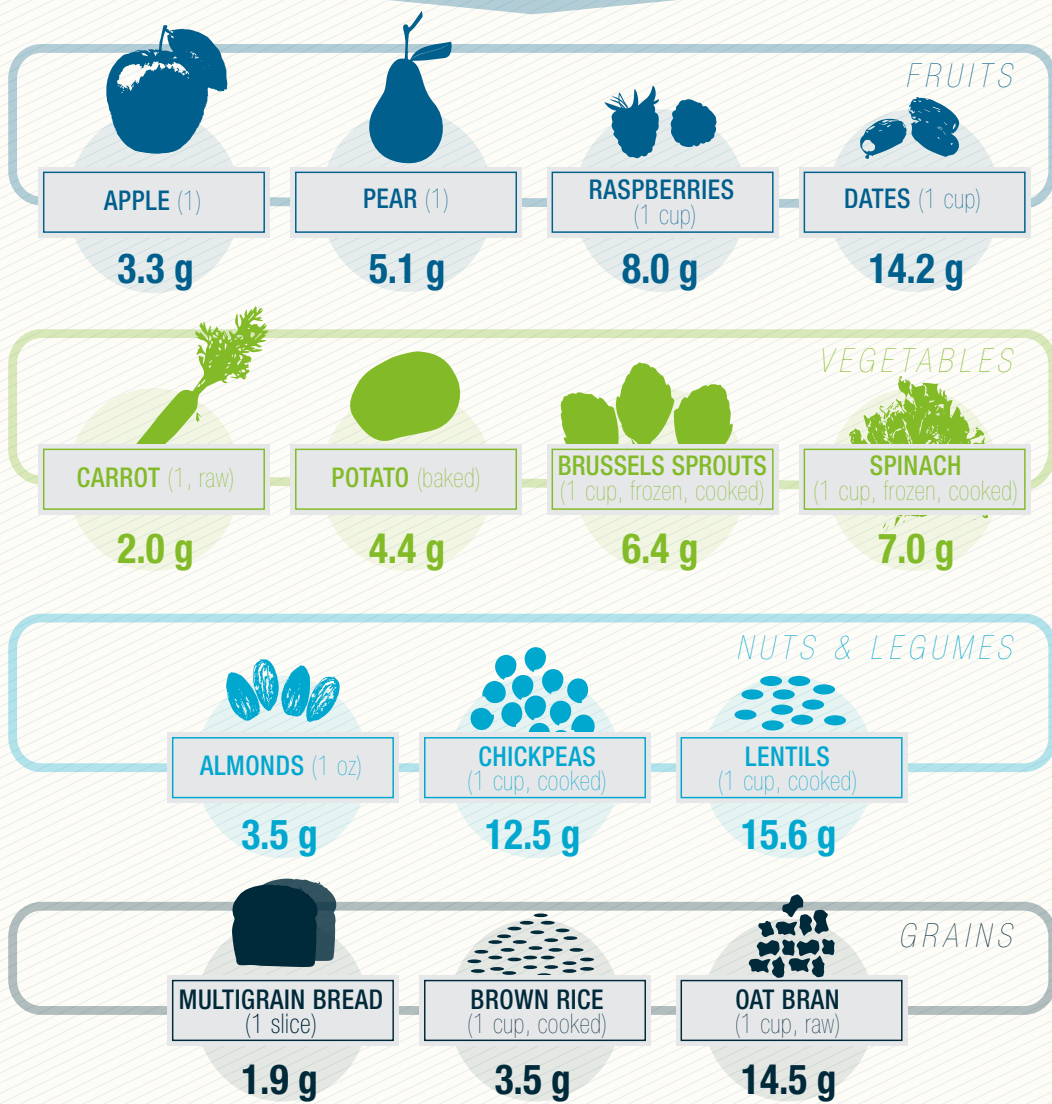
FOODS THAT
HELP YOU GET

20-35
grams

OF FIBER
A DAY



FIBER CAN BE FOUND IN ALMOST EVERY FOOD GROUP.
TRY THE FOODS BELOW TO GET YOUR
20 TO 35 GRAMS.



GETTING THE PROPER AMOUNT OF DAILY FIBER
MAY HELP TO MAINTAIN A HEALTHY WEIGHT AND
LOWER CHOLESTEROL.