

**AT...** 

Breakfast

Lunch

Snack Time

Dinner

1 GLASS OF APPLE JUICE OG FIBER

**2 SLICES WHITE** SANDWICH BREAD

1.5G FIBER

**PUFFED RICE** SNACK BAR OG FIBER

1 CUP CHILI (NO BEANS) OG FIBER

1 WHOLE APPLE **6G FIBER** 

**2 SLICES WHOLE WHEAT** SANDWICH BREAD 4G FIBER

FIBER ONE® OATS & **CHOCOLATE CHEWY BAR** 

9G FIBER

1 CUP CHILI WITH BEANS 8G FIBER







## FEELING GOOD STARTS FROM *The Inside!*

THREE SIMPLE STEPS TO HELP KEEP YOU REGULAR



## Fiber

Eat a diet high in fiber, including fruits, vegetables and whole grains.



## Water

Drink plenty of water and other liquids. Aim for 8 glasses a day.



## Exercise

Keep moving to get things moving!



BROUGHT TO YOU BY

