## 7 Fiber SAVVY

## GETTING FIBER THROUGH YOUR DAY

AT....


Breakfast

(1)Eunch

1 GLASS OF
APPLE JUICE OG FIBER

2 SLICES WHITE SANDWICH BREAD 1.5G FIBER

## FOR THIS...

1 WHOLE APPLE 6G FIBER

|  | PUFFED RICE <br> SNACK BAR |
| :--- | :--- |
| Snack Jime |  |
| OGFIBER | CHOCOLATE CHEWY BAR |

## Fiber SAVVY

## FHDITNEGOOD SUAREMS FROM The Smside!

## 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!

