

OCTOBER

FIBER

FIBER is a type of carbohydrate that cannot be digested in the body. It passes through the body *undigested* with several *benefits* to one's health.

FRUIT
FRUIT
FRUIT
FRUIT

FIBER

BENEFITS OF FIBER:

- Regulates the use of sugar in the body
- Manages hunger and blood sugar
- Reduces the risk of heart disease, diabetes, diverticular disease
- Prevents constipation
- Lowers bad cholesterol levels

RASPBERRIES
PEARS
APPLES
BANANAS
ORANGES
STRAWBERRIES

VEGETABLES

PEAS • BROCCOLI • TURNIP GREENS • BRUSSELS SPROUTS • POTATOES •

CARROTS

HOW MUCH FIBER should you eat in a day? 25–30 grams from real food. Daily intake of fiber varies depending on age and gender.

GRAINS

BARLEY • BRAN • QUINOA • OATMEAL

WAYS TO INCREASE YOUR FIBER INTAKE:

- Start your day with whole grain for breakfast
- Have raw vegetables as snacks
- Eat whole fruits versus drinking fruit juices
- Eat brown rice and whole grain products instead of white rice, bread, and pasta

LEGUMES

LENTILS
BEANS
CHIA SEEDS
ALMONDS
PISTACHIOS

FIBER • FIBER • FIBER

NUTS • SEEDS

