

BENEFITS OF EATING FIBER RICH FOODS

KEEPS GI
FUNCTION
HEALTHY

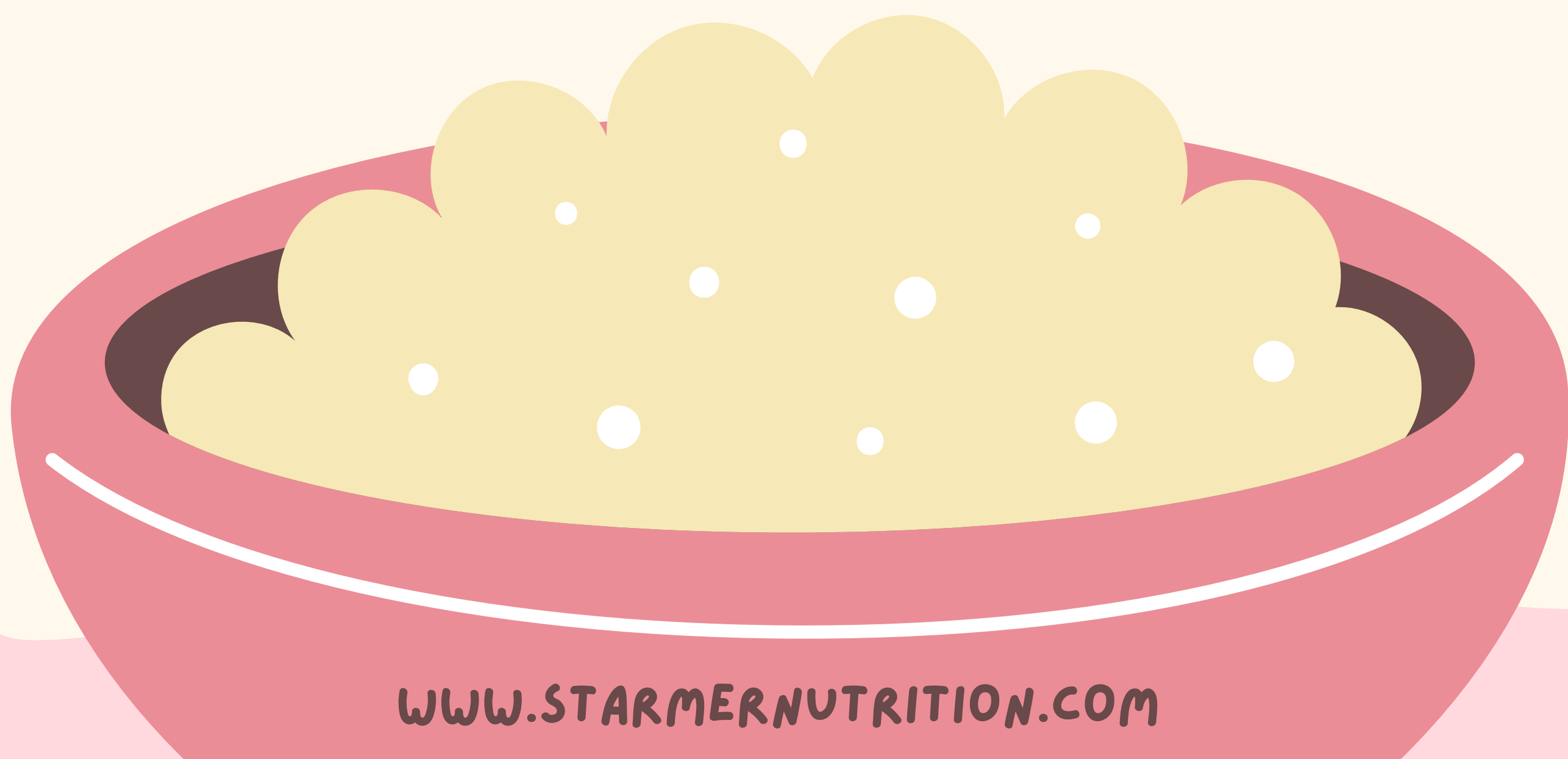
BULKS STOOLS &
HELPS TO
PREVENT
CONSTIPATION

HELPS TO PREVENT
DIVERTICULOSIS
(POCKETS INSIDE THE
COLON)

FIBER CAN HELP
YOU TO LOSE
WEIGHT

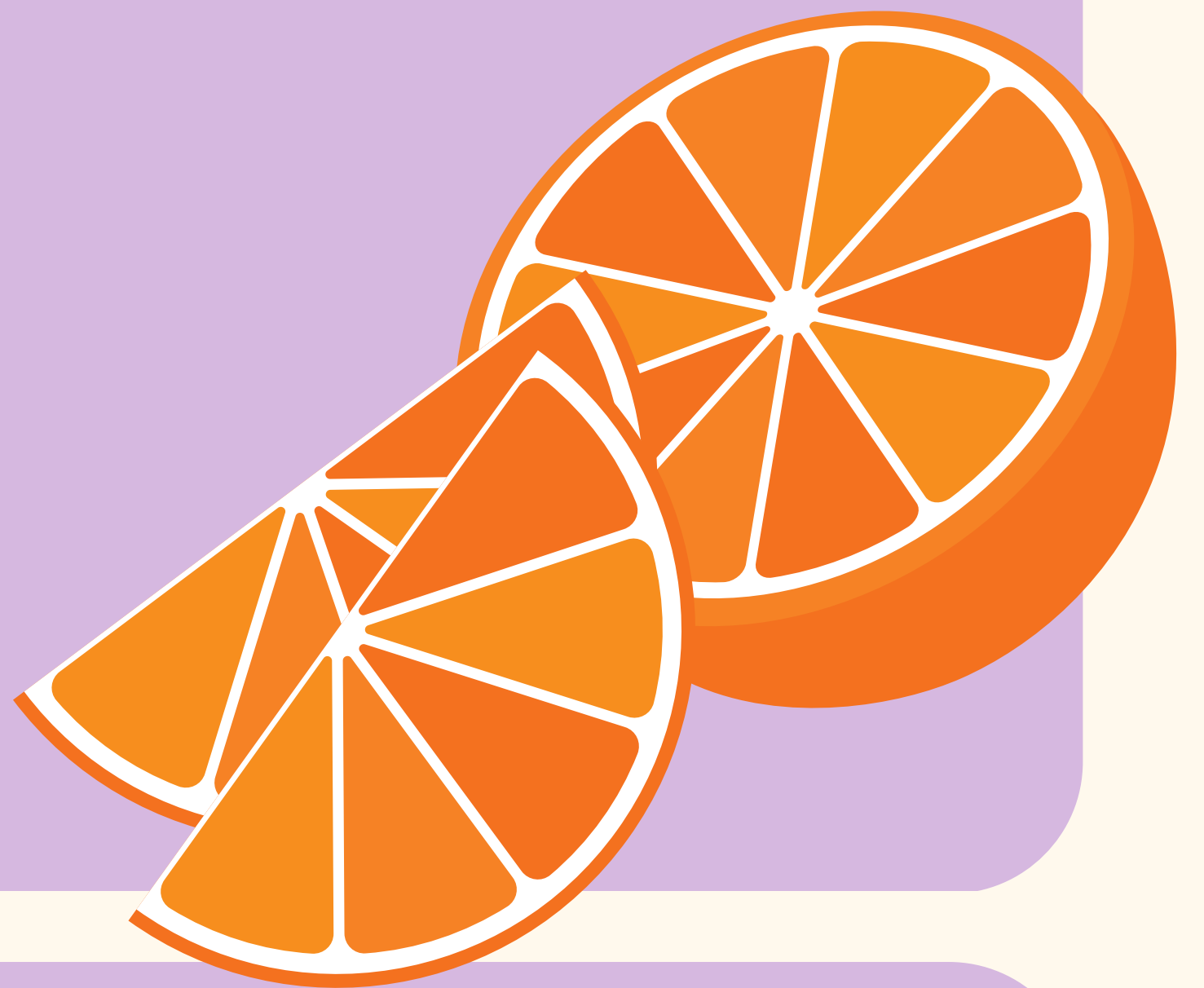
HELPS
CONTROL
BLOOD SUGAR
LEVELS

HELPS CONTROL
CHOLESTEROL
LEVELS



EXAMPLES OF FIBER RICH FOODS

APPLE, UNPEELED
APRICOTS
ASPARAGUS
BEETS
BERRIES
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
CHERRIES
COLLARD GREENS
CORN
PINEAPPLE
EGGPLANT
FIGS
FRUIT COCKTAIL
GRAPE-NUT FLAKES
GREEN BEANS
GREEN PEAS
HIGH-FIBER WHITE BREAD
MUSTARD GREENS
OKRA
PEACHES
PEARS, UNPEELED
PLUMS
SUMMER SQUASH
TANGERINES



MY DIETITIAN: