



# ***FABULOUS FIBER***

**A KEY COMPONENT OF A  
HEALTHY DIET**

## ***FUNCTIONS OF FIBER***

**IMPROVED GUT HEALTH**

**GUT BACTERIA DIVERSITY**

**REDUCED RISK OF DIABETES**

**REDUCED RISK OF COLORECTAL CANCER**

**REGULAR BOWEL MOVEMENTS**

**BALANCES BLOOD SUGAR**

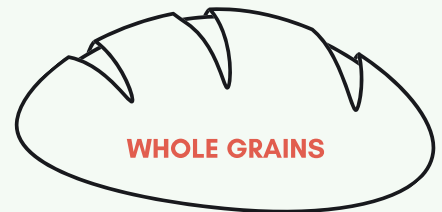
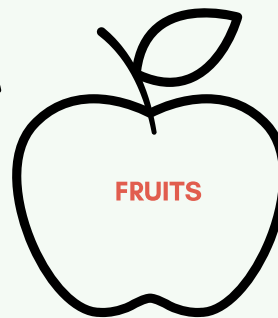
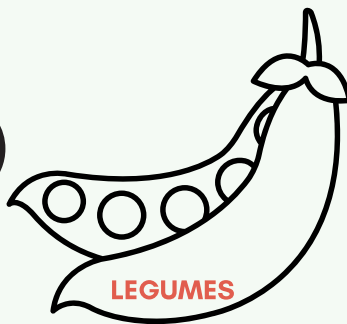
**PROMOTES HEALTHY WEIGHT**

**REDUCED CHOLESTEROL**

**PROMOTES FEELING OF FULLNESS**

**REDUCED CARDIOVASCULAR DISEASE RISK**

**QUICK-  
LIST:  
FIBER  
RICH  
FOODS**



## ***SNACK COMBOS FOR MAXIMUM FIBER***

WHOLE-GRAIN CHIPS WITH BEAN DIP

HUMMUS AND CARROT STICKS

AVOCADO TOAST

OATMEAL WITH BANANA

SPINACH AND MIXED BERRY SMOOTHIE