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
- Veggies
- Legumes
- Fruits
- Whole grains

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