

# FIND THE

# Fiber


Most health authorities around the world agree that people should get between 20-38 grams of total fiber each day.<sup>1-3</sup>

That may sound like a lot, but the trick to getting enough fiber is making smart choices throughout the entire day.

*All that fiber adds up!<sup>4</sup>*

Start Here

## BREAKFAST

 **3.6g**  
½ CUP (34g) WHEAT CEREAL

**3.1g**  
1 BANANA

**0g**  
1 CUP (227ml) LOWFAT MILK

**2.1g**  
½ CUP (78g) FROZEN BLUEBERRIES

When you add **more fiber** to your diet, it's important to drink plenty of water to keep the digestive system running smoothly.

## SNACK

 **4.4g**  
1 APPLE

**2.6g**  
1 OZ (28G) MIXED NUTS

## SNACK

 **2.4g**  
2 CUPS (16g) POPCORN

 **0g**  
1 CUP (227ml) LOWFAT MILK

**0.9g**  
1 PLUM

**Fiber** may help you achieve a healthy weight by keeping you feeling fuller for longer.

 **2.5g**  
8 BABY CARROTS

 **1.9g**  
1 SLICE WHOLE GRAIN BREAD WITH BUTTER

## LUNCH

 **3.9g**  
¼ CUP OF COOKED LENTILS


 **0g**  
5 OZ (142g) SALMON


## DINNER

 **5.1g**  
1 CUP (184g) COOKED FROZEN BROCCOLI

**Insoluble fibers**— found primarily in whole grains and vegetables— may help ensure healthy digestion by adding bulk to the stool.

**3.2g**  
1 CUP (210g) MASHED POTATOES

**2.2g**   
1 PEACH

 **0g**  
1 CUP (227ml) LOWFAT MILK

*You Win!*

**38 g**  
DAILY TOTAL