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What is Fiber?

- Type of carbohydrate
- Indigestible
- Derived from plants



Why is Fiber important?



- Promotes digestive health
- Helps lower cholesterol
- Helps control normal blood sugar levels
- Helps to maintain a healthy weight

Fiber is like Steel Wool



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Where can you get it?



Tips for getting more Fiber

- Mix high fiber cereal with your regular cereal
- Eat more beans
- Eat more fruit
 - Fresh, dried, canned, etc.
- Add veggies to all of your meals
 - Fresh, frozen, etc.



Quiz time!

Which has more Fiber?



VS



Which has more Fiber?



VS



Which has more Fiber?



VS

