

# Fiber

## Fiber keeps the colon rollin'!

Eat whole foods for fiber. Fiber is found in fruits, vegetables, legumes and whole grains. It helps the body eliminate waste better, lowers cholesterol and keeps you feeling full longer.

**ADD MORE OF THESE** foods to get more fiber in your diet:



Brown Rice



Whole Vegetables



Whole Fruits



Whole Wheat Bread



Beans, Nuts & Seeds

Whole grains contain most of the natural fiber and nutrients. Choose cereals and breads with 100% whole grain listed first in the ingredients list or look for the 100% whole grains stamp for foods high in fiber!

**EAT LESS OF THESE** foods that are lower in fiber:

Refined grains have been processed, which removes most of the fiber and many nutrients.



White Rice



White Bread



Pasta Enriched



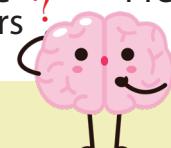
Saltine Crackers



Pretzels



Juice



### Did you know?

Fresh, frozen and canned fruits and vegetables are all high in fiber and provide important nutrients! Half your plate should be filled with these.

By Anne R. Lindsay, Ph.D., M.S., FACSM ; Macy Helm; and Jennifer M. Wood, M.S., RDN, LNHA, CSG

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