

# Eat More Fiber!

805-682-7638 x 214



## Excellent in Fiber



"Flax Plus"  
3/4 cup = 5g



"Kashi GoLean"  
1 cup = 10g



"Milton's"  
1 slice = 5g



"Oroweat"  
Lite  
2 slices = 7g



Beans  
1/2 cup = 8g



Raspberries  
1 cup = 8g



Flax Seed  
2 tablespoons = 4g



Nopales/Cactus  
1/2 cup = 4g



Strawberries  
1 cup = 4g



Apple  
1 small = 4g



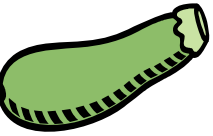
Spinach  
1/2 cup = 4g



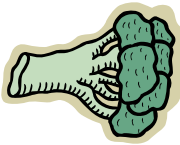
Blueberries  
1 cup = 3g



Metamucil  
1 Tablespoon = 3g



Zucchini  
1/2 cup = 3g



Broccoli  
1 cup = 2g



Green beans  
1/2 cup = 2g



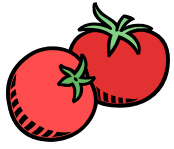
Celery  
1 stick = 2g



Apricot  
One = 2g



Asparagus  
1/2 cup = 2g



Tomato  
1 small = 2g



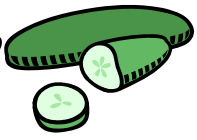
Peanuts  
10 = 2g



Walnuts  
6 halves = 2g



Almonds  
10 = 2g



Cucumber  
One = 1g



## Important



Recommendation:  
25 — 35 grams of  
fiber per day



Drink  
8 — 10 glasses of  
water a day