

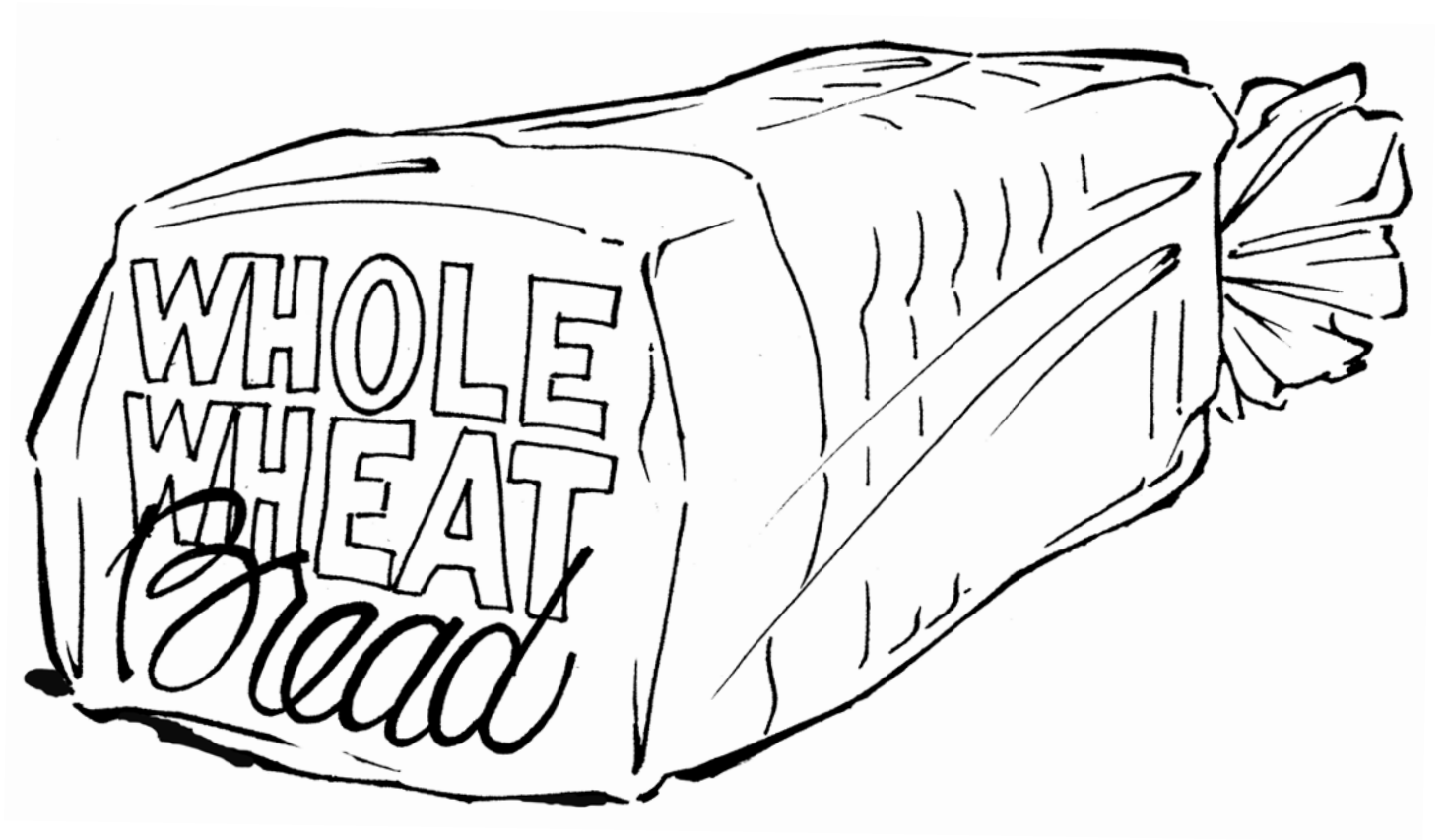


Eat More Fiber

By Connie Crawley, Anne Whittington and Jenny M. Grimm



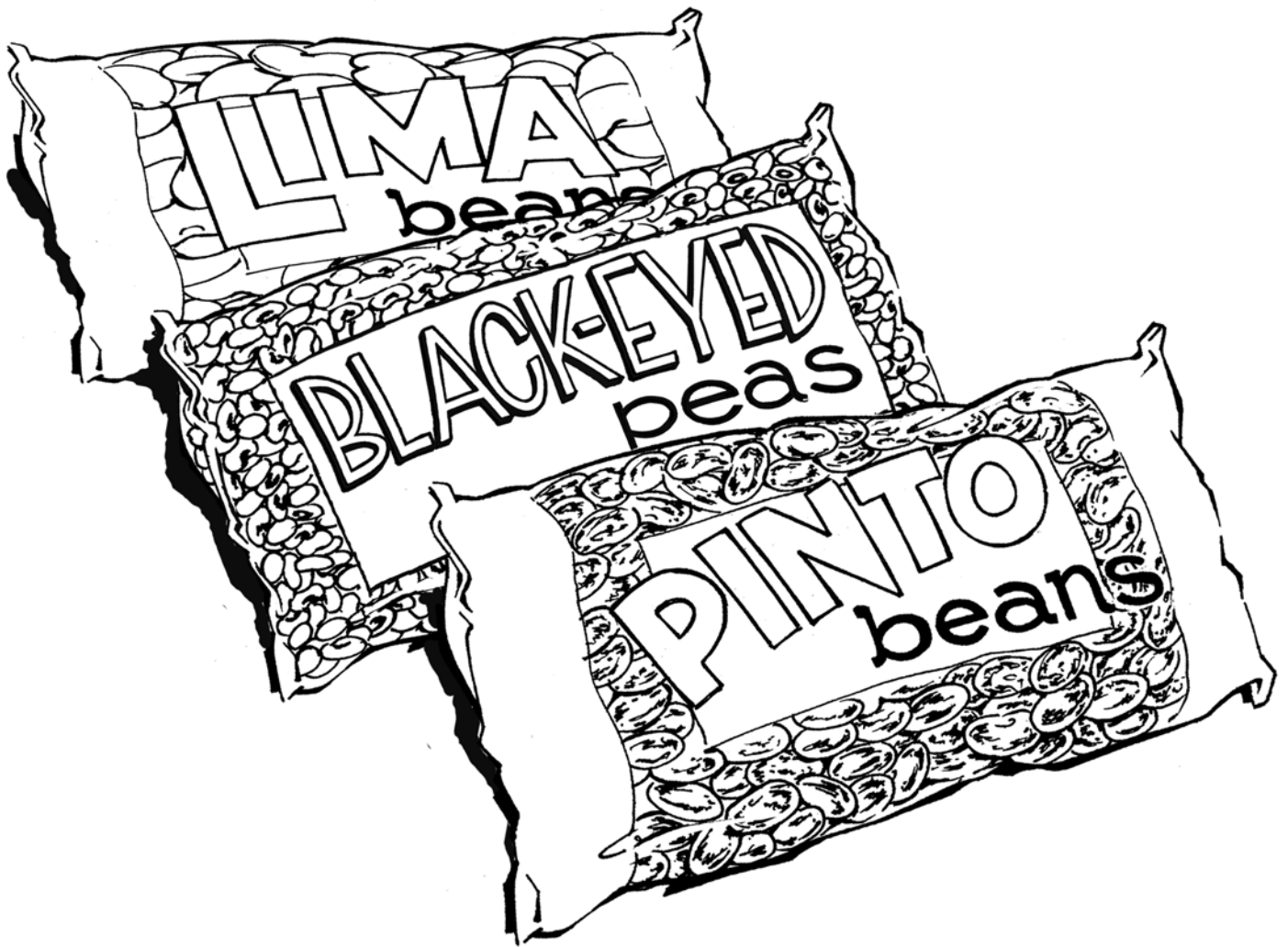
Fiber makes you feel full.



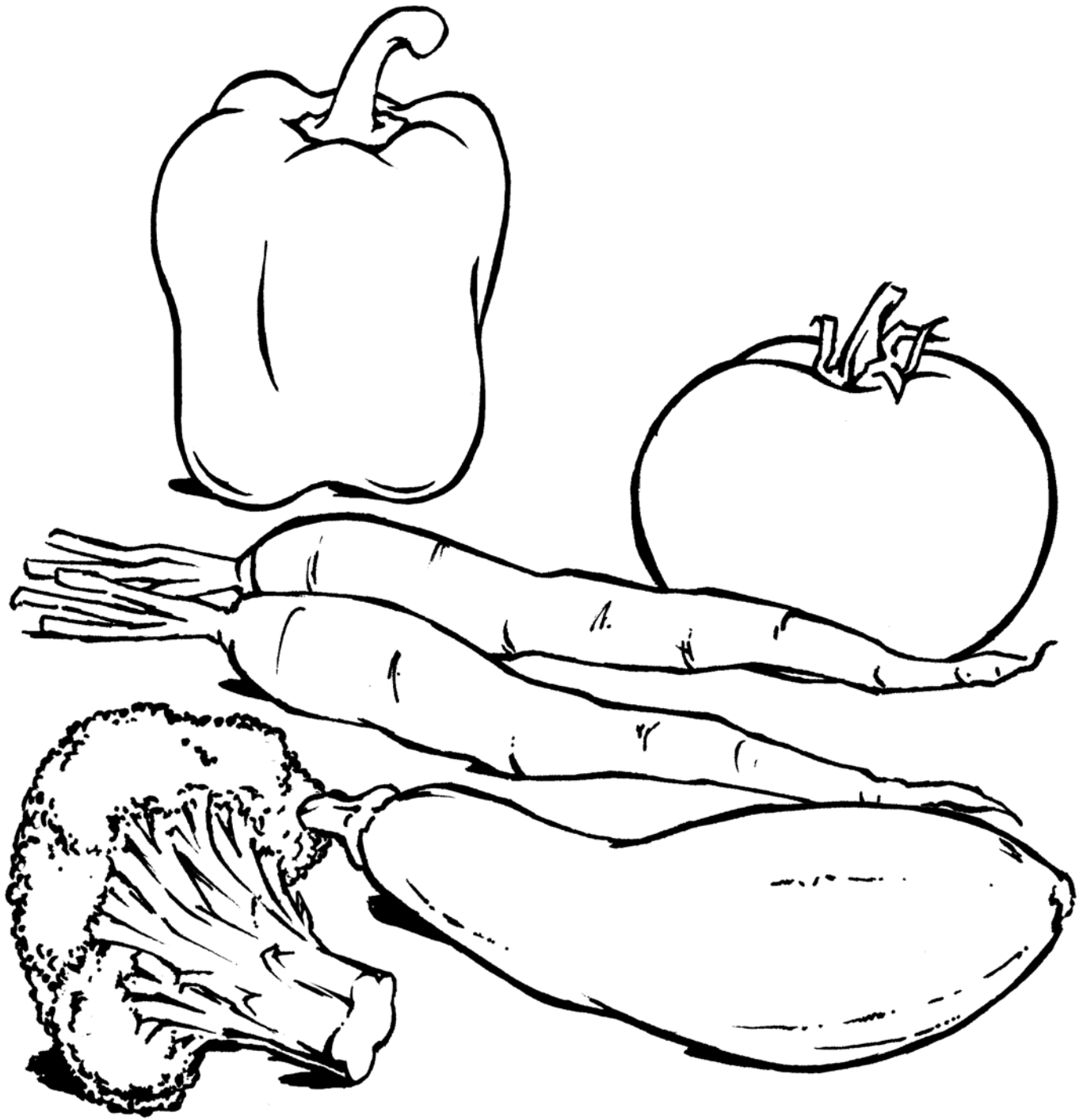
Eat whole wheat bread.



Eat whole grain cereals.



Eat dried peas and beans.
Dried peas and beans have
lots of fiber.



Eat at least 4 vegetables each day.



Eat at least 3 servings of fruit
each day.

1. Which food has lots of fiber?

- ☐ Whole wheat bread.
- ☐ Whole grain cereals.
- ☐ Dried peas and beans.

2. Eating 3 fruits and
4 vegetables each day will
help you get more fiber.

- ☐ Yes
- ☐ No

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