



## MORE FIBER PLEASE!

- ✓ Choose at least 3 servings of whole grains per day
- ✓ Eat legumes (like beans or peas) two to three times per week
- ✓ Use higher fiber ingredients instead such as bran in recipes
- ✓ Serve whole fruits or vegetables instead of juice
- ✓ Increase the fiber in your diet slowly. Aim to have some fiber at each meal and drink lots of water.



## SUGGESTION OF FIBER-RICH MEALS:

### Breakfast:

- ✓ Raisin bran cereal or oatmeal with low-fat milk
- ✓ Strawberries
- ✓ Juice



### Lunch:

- ✓ Sandwich on whole-wheat bread with tomato and lettuce
- ✓ Apple or pear
- ✓ Large Salad
- ✓ Juice or low-fat milk



### Dinner:

- ✓ Whole-wheat spaghetti with tomato sauce
- ✓ Cooked mixed vegetables
- ✓ Whole grain dinner roll
- ✓ Low-fat milk

