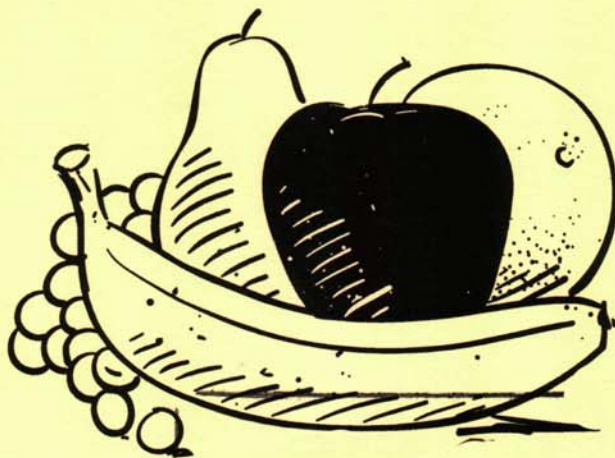


5 FOR FIBER



Fiber

- helps keep bowels regular.
- helps prevent cancers: colon, breast and prostate.
- helps lower cholesterol and reduces heart disease risk.

Eat at least 5 servings of fruits and vegetables each day to get fiber.

Check out ways to get fiber

- ✓ Eat a banana, orange or other fruit every morning.
- ✓ Have raisins or an apple for a snack.
- ✓ Eat soup with veggies for a meal.
- ✓ Have a baked potato with low-fat salad dressing for lunch.
- ✓ Slice zucchini and carrots into your salad.
- ✓ Try canned pears or applesauce for dessert.
- ✓ Eat meals with dried beans. Try beans and rice, bean soup, chili, baked beans or bean dip.

Drink 6 to 8 glasses of water each day. Fiber and water work together to keep bowels regular.

Fiber in Fruits and Vegetables

| FOOD | FIBER (GRAMS) |
|--------------------------|---------------|
| baked beans, 1/2 cup | 6 |
| pear, 1 | 4 |
| apple, 1 | 3 |
| orange, 1 | 3 |
| bean burrito, 1 | 3 |
| spaghetti sauce, 1 cup | 3 |
| banana, 1 | 2 |
| grapes, 1/2 cup | 2 |
| kiwifruit, 1 | 2 |
| plum, 1 | 2 |
| watermelon, 2 cups | 2 |
| canned pears, 1/2 cup | 2 |
| applesauce, 1/2 cup | 2 |
| raisins, 1/4 cup | 2 |
| broccoli, 1/2 cup | 2 |
| cabbage, 1 cup raw | 2 |
| corn, 1/2 cup | 2 |
| carrots, 1/2 cup | 2 |
| greens, 1/2 cup cooked | 2 |
| green beans, 1/2 cup | 2 |
| lettuce salad, 1 cup | 2 |
| potatoes, 1/2 cup | 2 |
| vegetable soup, 1 cup | 2 |
| grapefruit, 1/2 | 1 |
| lime, 1 | 1 |
| peach, 1 | 1 |
| celery, 2 stalks | 1 |
| vegetable juice, 3/4 cup | 1 |
| orange juice, 3/4 cup | 0 |

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