

# FIND THE FIBER.



It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources



for this all-important nutrient should look like this stuff. **Fresh whole fruits and veggies**, of all different kinds and colors, are fantastic fiber sources. **Cooked beans** have up to 20 grams of almost an entire day's minimum! **Nuts and seeds** are another good source, especially almonds, pecans, walnuts, pumpkin seeds, and sunflower seeds. Fiber also **abounds** in **grain foods** that are whole (like quinoa) or other grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get most of your fiber where it occurs naturally in foods like these, rather than from highly processed fiber as an added ingredient so they can be sold as "high fiber."

the big number

# 25

Teens and adults should consume a minimum of 25 grams of fiber every day, but Americans average half that amount.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*USDA is an equal opportunity provider and employer.*

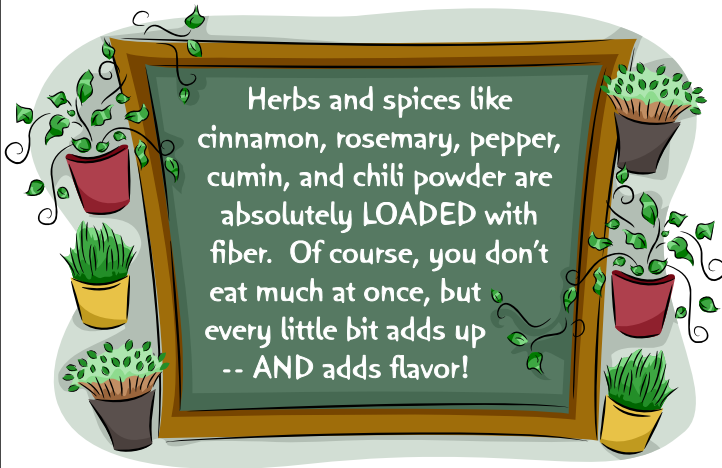
# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"FIND THE FIBER"

## EAT BETTER

Try lots of different fruits, veggies, whole grains (and spices!) for a healthy diet. You're bound to find a few you really like!



## LIVE HEALTHIER

Ok, so just what makes fiber so great? Let us count the ways. First, in terms of your long-term health, a diet rich in fiber helps support blood sugar control and heart health, reduce stroke risk, and lower the risk of developing gallstones and kidney stones.

On a day-to-day basis, fiber helps with, ahem, regularity and digestive health, promotes good skin, and controls weight by making you feel fuller without adding calories.

A medium apple, by the way, contains 4.4 grams of fiber. You think maybe ONE apple a day isn't enough?!



## LEARN EASIER

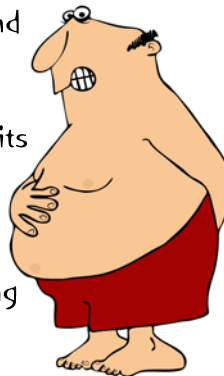
They say that 80% of success is just showing up!



A healthy kid will be at that desk every day, and one of the best ways to achieve consistent good health for your kids is to make sure they eat well, including getting enough fiber in their diets.

## PLAY HARDER

A study in the journal "Obesity" found that moderate exercise paired with eating more soluble fiber (the kind found in apples, beans, and other fruits and veggies) specifically decreases belly fat. The authors speculate that fiber promotes the growth of good bacteria in the gut, thereby controlling chronic inflammation and reducing insulin resistance -- and belly fat!



**First things First**

**BREAKFAST @SCHOOL**  
For first-class learning!

Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day.

Over the last three school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, the added emphasis on vegetables, fruits, and whole grains on our menus has helped increase the fiber content of our meals.

**DON'T 4GET!**  
Take at least ONE **FRUIT** or **VEGGIE** and at least THREE items total so your meal counts as a complete lunch!

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