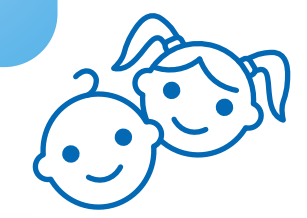


LOCAL RECOMMENDATIONS vs ACTUAL INTAKES

A FIBER GAP IS EMERGING IN WESTERNIZED COUNTRIES

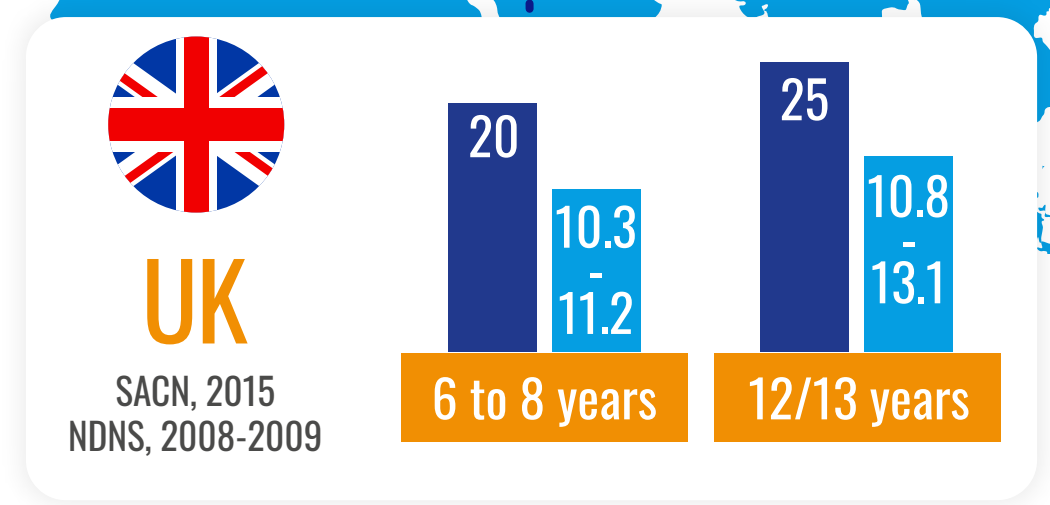
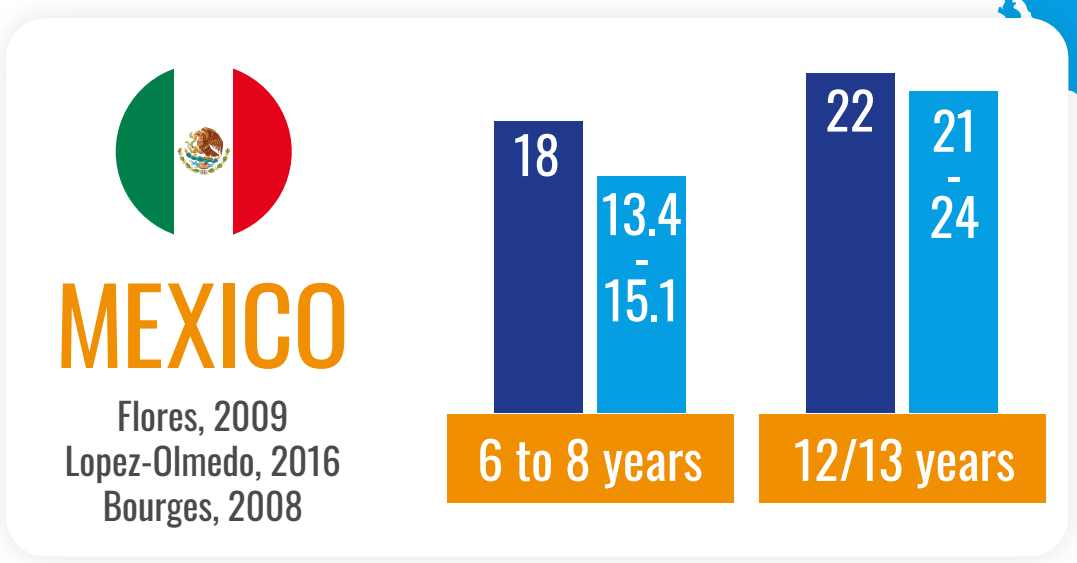
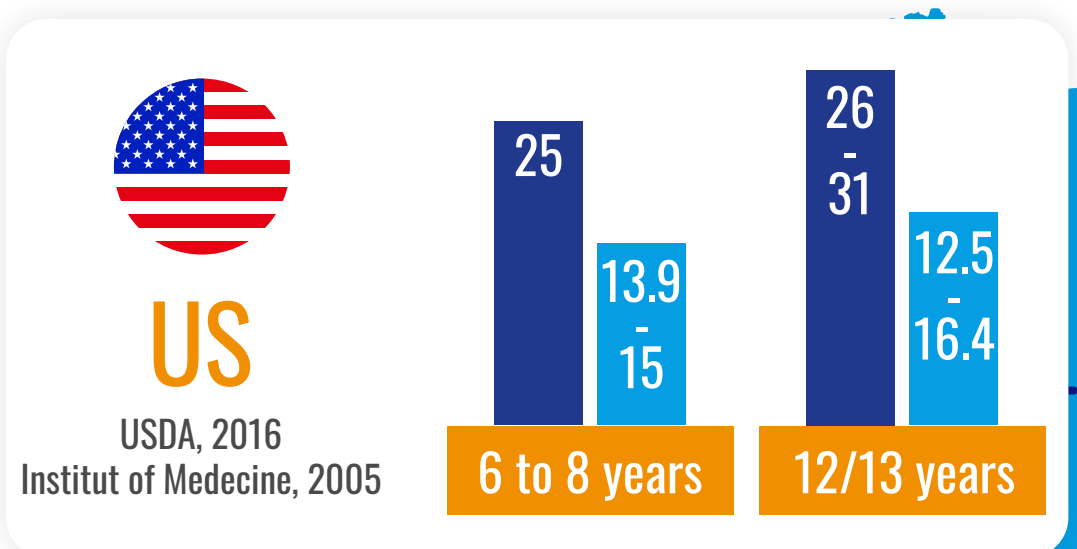
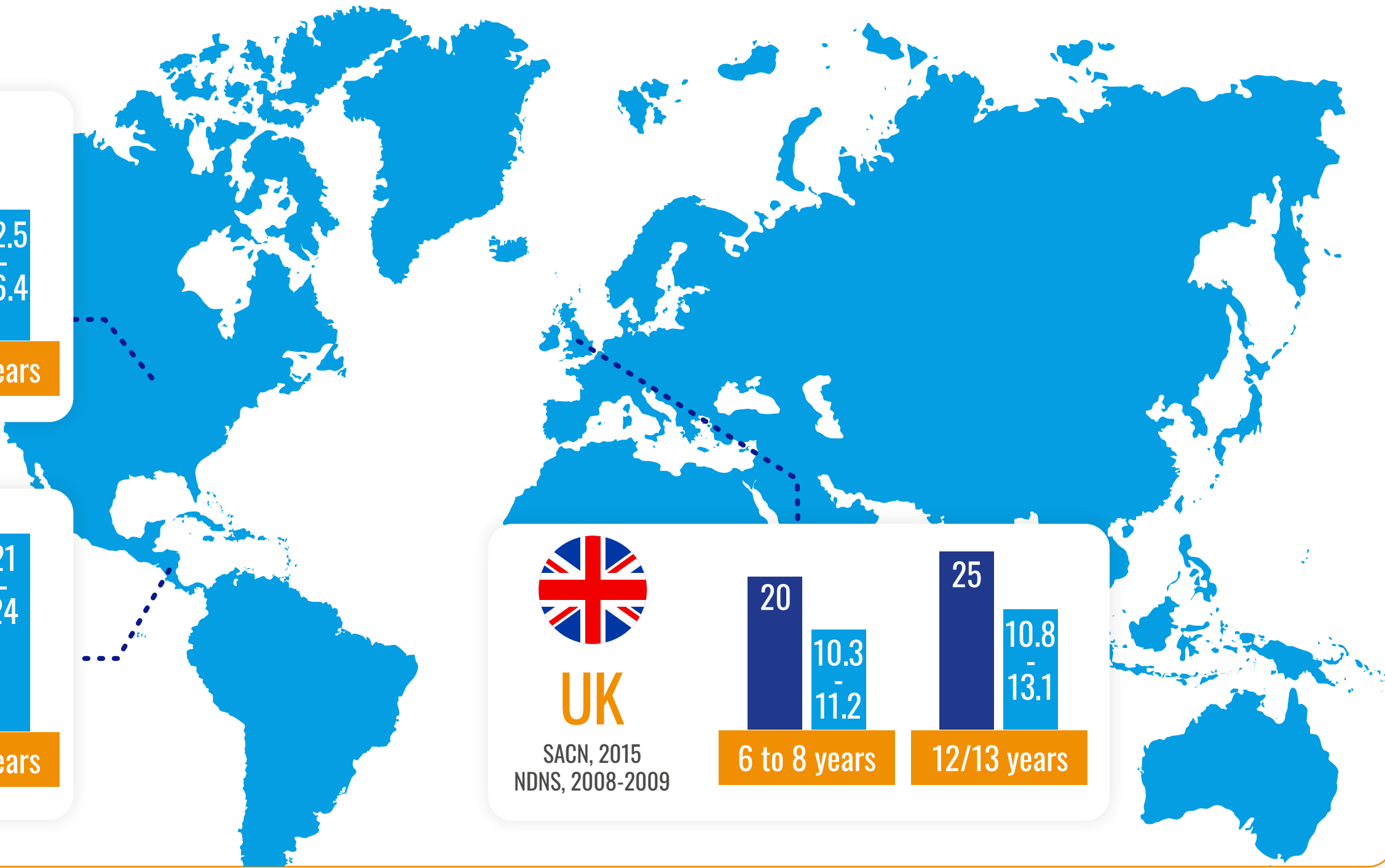


(GRAMS/DAY)

- Local recommendation
- Actual intake

6 to 8 years | 6 to 8 year-old children

12/13 years | 12/13 year-old children



DID YOU KNOW?

ANY OF THESE FOODS WILL BRING US 25g OF FIBERS

-  7 cups of blueberries
-  8 1/2 small oat bran muffins
-  2 cups of hazelnuts
-  7 medium potatoes baked with skin
-  4 1/2 cups of whole grain pasta

US cup = 236.59ml

 **ALL ACTORS OF OUR OWN HEALTH**

So let's start paying attention to the fiber content of our family's meals