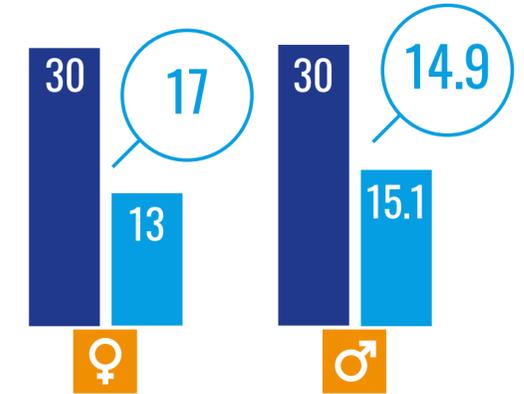
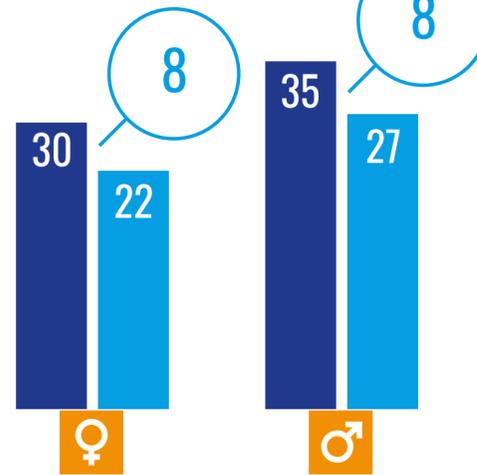


FIBER GAP: THE SPECIFICS OF



Fiber Gap



DID YOU KNOW?

ANY OF THESE FOODS WILL BRING US 30g OF FIBERS

10 medium-sized bananas

16½ cups of cherry tomatoes

6½ cups of fava beans

2½ cups of peanuts

6 cups of quinoa

10 yogurts source of fibers (3g/100g)

US cup = 236.59ml



THE INCONVENIENCE OF COOKING
perceived as quite time consuming



INDIVIDUAL TASTES AND PREFERENCES
regarding fruits/vegetables/etc.



LACK OF KNOWLEDGE
How much fiber do you need?
Where to find them?
What are their benefits?



COST



ALL ACTORS OF OUR OWN HEALTH

Let's start paying attention to the fiber content of our meals!