

BRIDGING THE GAP WITH HIGH-FIBER MEALS



100%
of the daily
fiber needed for a
recommendation of
25g*

CHILDREN'S MEALS FOR A DAY: AN EXAMPLE

BREAKFAST
Wholegrain cereals, 1 cup*
+ 1 banana

= 4.2g

DINNER
Mashed potatoes
without skin, 1 medium
+ Green peas, 1/2 cup
+ Carrots, 1/2 cup

= 8g



LUNCH
Whole wheat pasta, 1/2 cup
+ Broccoli, 1/2 cup
+ Apricot pie, 1 slice

= 8.3g

SNACK
Fortified yogurt source of fiber
+ Peanut butter, 1 tbsp
+ Blueberries, 1/4 cup

= 4.5g

100%
of the daily
fiber needed for a
recommendation of
30g**

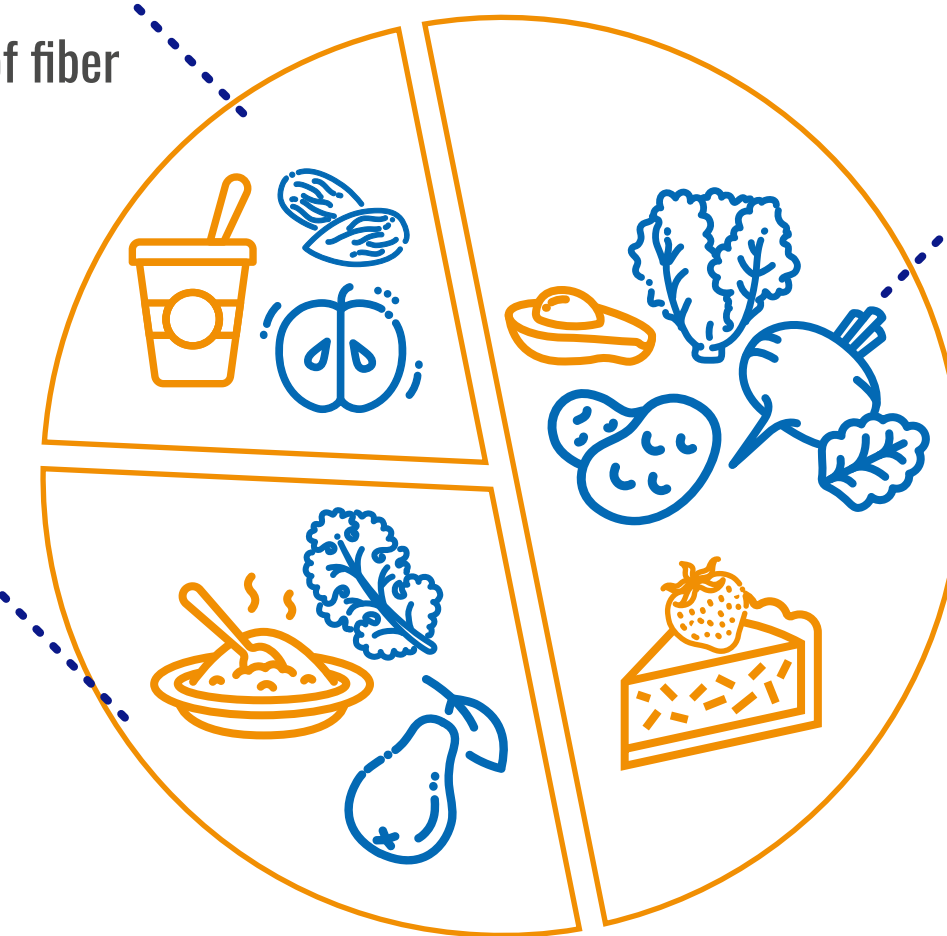
ADULTS' MEALS FOR A DAY: AN EXAMPLE

BREAKFAST
Fortified yogurt source of fiber
+ 6 or 7 almonds
+ 1/2 apple with skin

= 6g

DINNER
Brown rice, 1 cup
+ Mixed greens, 1/2 cup
+ 1 pear

= 8.4g



LUNCH
Salad with 1/2 avocado
+ Beets, 1/2 cup
+ 1 potato with skin
+ Flaxseeds, 1 tbsp
Red berries pie

= 15.6g

IT IS IMPORTANT TO MAINTAIN A VARIED AND BALANCED DIET AND TO DRINK WATER

*US cup = 236.59ml
*Recommendation for children in Spain, UK, USA, Canada, Brazil, Argentina (sometimes according to age)

**Recommendation for adults in France, Spain, UK, Mexico (sometimes according to gender)