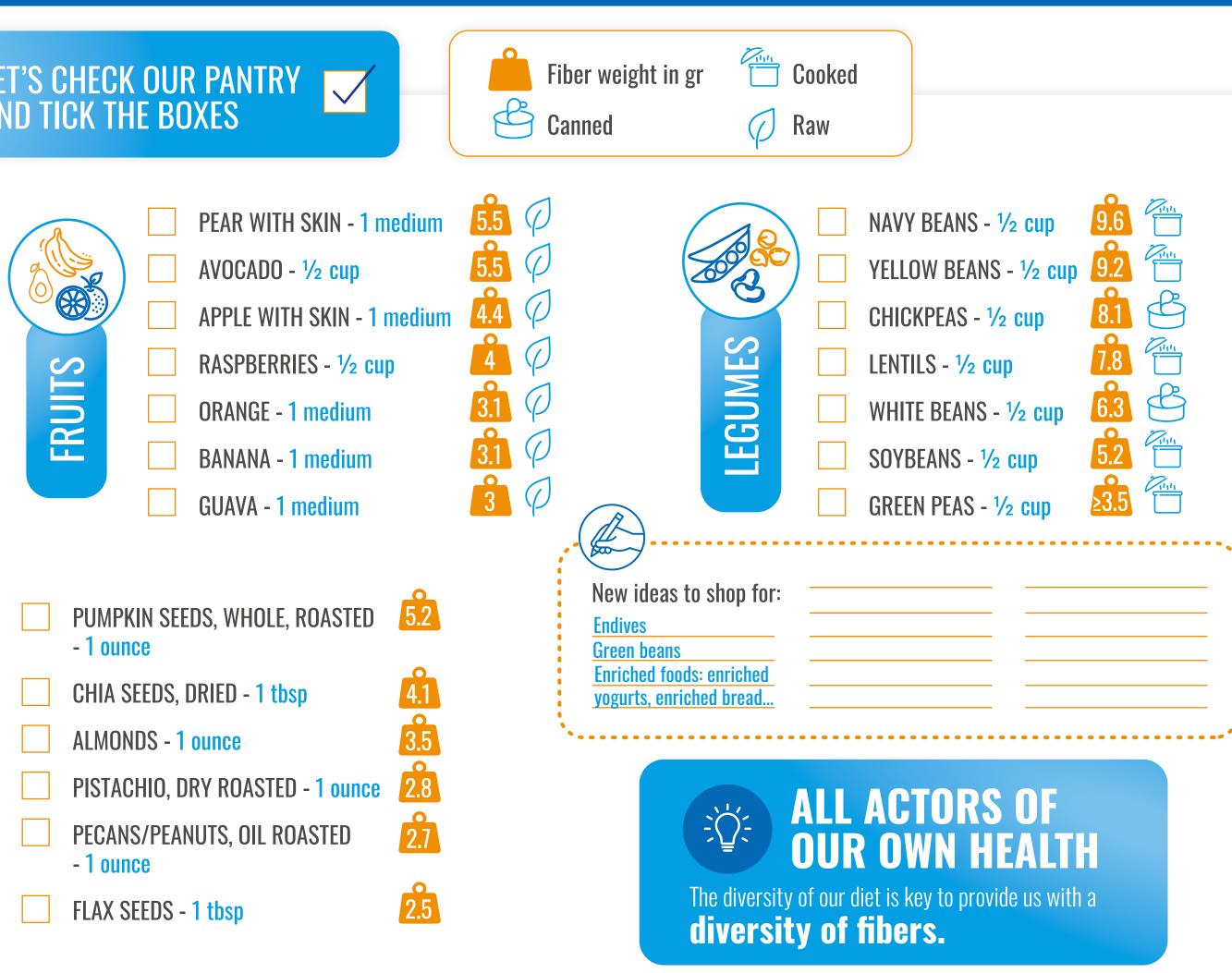
## Facts, Figures & Tips on Fibers **35 HIGH-FIBER FOODS YOU SHOULD EAT**

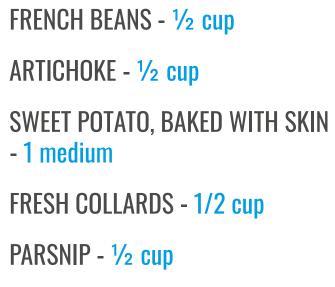
## **HOW MUCH FIBER DO WE CURRENTLY GET AT HOME?**











- WINTER SQUASH 1/2 cup
  - BRUSSEL SPROUTS 1/2 cup













