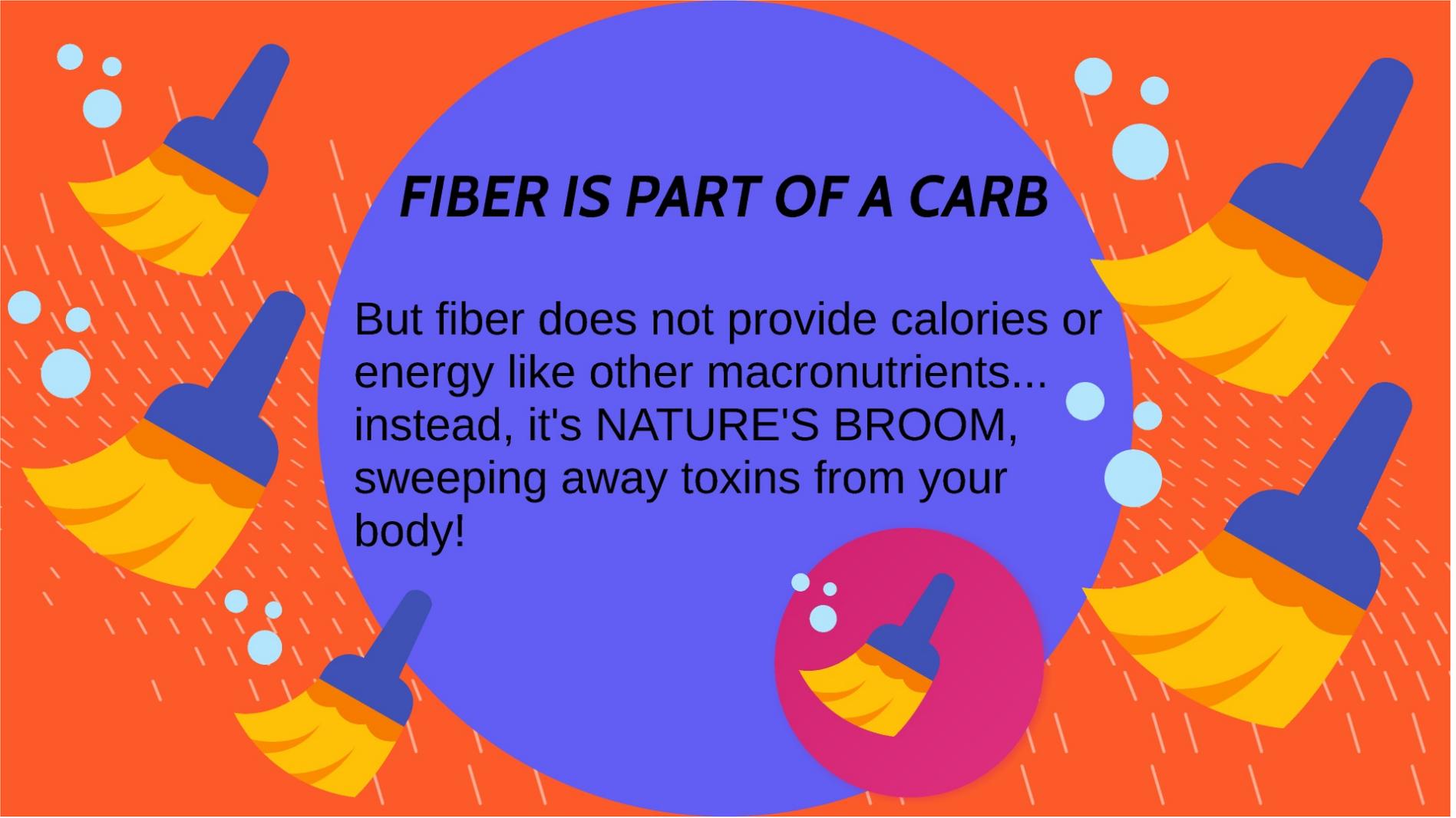




***FIBER***

**Metabolic  
Magic**

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## ***FIBER IS PART OF A CARB***

But fiber does not provide calories or energy like other macronutrients... instead, it's NATURE'S BROOM, sweeping away toxins from your body!

# Fiber has many important jobs!



Reduces blood cholesterol



Stabilizes blood sugar  
(So you don't get "Hangry")



Keeps you feeling fuller  
longer



Keeps bowel movements  
regular



Feeds your gut flora  
(The "good bacteria" in  
your gut!)

**Fiber is found  
in anything  
that comes  
from a plant!**



**How much fiber  
do we need?**

**25-38 grams per day**

TO GET MORE FIBER,

Instead  
of this...



Corn  
flakes



Hot dog



Chips



Orange  
drink

Eat  
this

Raisin  
bran



7g

Beans or  
lentils



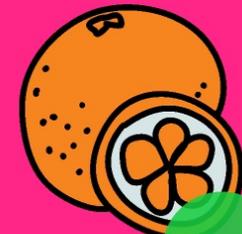
15g

Popcorn



4g

An  
orange



3.4g

***What does a fiber-rich meal look like?  
Check out these examples!***

**Yogurt  
and fruit**



**Raisin Bran with banana**



***Breakfast and morning snack***

## ***What does a fiber-rich meal look like?***

Nuts and raisins



Turkey sandwich on whole grain bread with lettuce

***Lunch and afternoon snack***

## ***What does a fiber-rich meal look like?***

Popcorn



Chicken with potatoes,  
broccoli and greens

***Dinner and evening snack***



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