



# F - I - B - E - R

**CHECK THE FOODS THAT ARE HIGH IN FIBER.**

**F**

- Fruits and vegetables
- Fish
- Frosted shredded wheat cereal

**I**

- Ice cream
- Iceberg lettuce

**B**

- Breads (“wheat” is better than “white”)
- Beans (like pinto, red, and refried beans)
- Beef
- Brown rice

**E**

- Eggplant
- English muffins
- Eggs

**R**

- Raisins
- Roasted chicken
- Raisin bran cereal

**F - I - B - E - R** is simply amazing! Here’s why:

- Fiber is like a scouring pad used to clean pots and pans – but it cleans the places where food passes through my body.
- When I eat enough fiber, my chances of getting some types of cancer go way down.