

Fiber Is Your Friend

Keep good company with fiber-rich foods.

There are plenty of health benefits to be gained by eating fiber-full vegetables, fruits, whole grains, beans, lentils, nuts and seeds.

- Helps remove waste products from your body on a regular basis
- Keeps you feeling full and satisfied to support a healthy weight
- Helps keep blood sugar levels in a healthy range
- Often found in foods that also contain many other essential vitamins and minerals
- Lowers risk for heart disease and some cancers
- Feeds the healthy bacteria in your gut

