

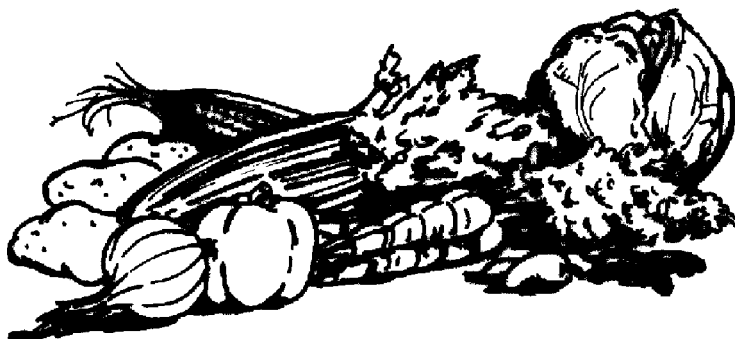


## Take Care of Your Health:

# Eat More Fiber

**F**iber is essential to the health of children and adults. The body needs several types of fiber.

Fiber is the hard part of fruits, vegetables, and grains. Some fibers are in the leaves and skins of fruits and vegetables. Others are in the pulp of fruits and vegetables. There is also fiber in corn, wheat, beans, lentils and other grains.



### *Fibers Work in the Digestive Track to Protect Your Health*

Fiber in vegetables and fruits helps reduce the amount of cholesterol.

Other fiber found in fruits, vegetables and grains “cleans” the intestines.

This fiber helps prevent intestinal cancer and constipation.

To protect your family’s health, buy and serve more foods rich in fiber.

Eat whole-wheat breads and corn tortillas.

Buy cereals that have whole grains. Oats and cereals that contain fiber are better than cereals with little or no fiber.

### **ADDING FIBER TO YOUR FAMILY’S DIET**

Eat 5 or more servings of fruits and vegetables every day.

Use more vegetables in the soups and other dishes you prepare for your family. Prepare rice and meats with vegetables. Add tomatoes and other vegetables to sandwiches.



Do not peel potatoes, tomatoes, cucumbers, apples, pears and other fruits.

Eat the fruits whole. Fruit juices have vitamins but no fiber.

