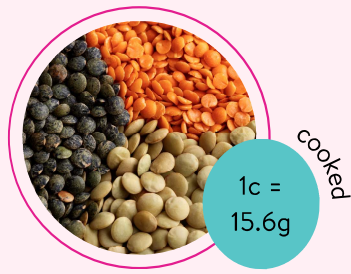


Top 12 Sources of Fiber

25g/day for women age 19-50 | 21g/day for women age 51+
38g/day for men age 19-50 | 30g/day for men age 51+



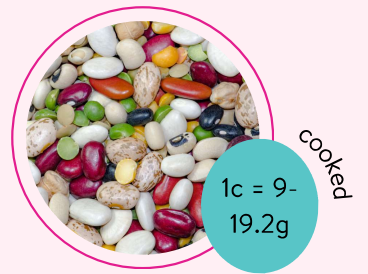
High Fiber Cereal



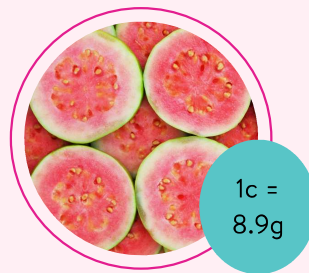
Lentils



Peas (Various)



Beans



Guava



Raspberries



Blackberries



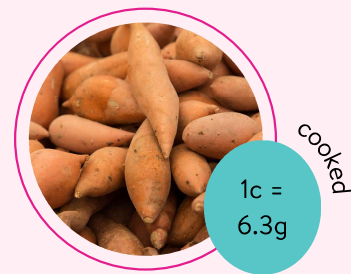
Pumpkin, Canned



Asian Pear



Brussels Sprouts



Sweet Potato



Wild Blueberries