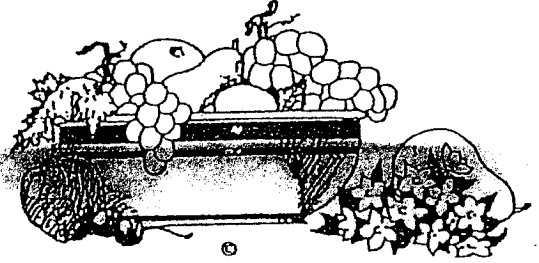


## FEEL GOOD: EAT MORE FIBER

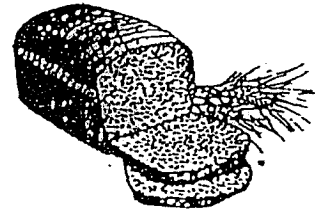
Fiber in your diet helps you feel good by relieving constipation and it reduces your risk for:

- \* COLON CANCER
- \* HEART DISEASE
- \* DIVERTICULOSIS



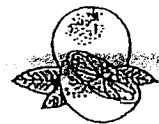
Increase fiber slowly to avoid:

- \* BLOATING
- \* ABDOMINAL CRAMPS



FOODS HIGH IN FIBER ARE:

- \* COOKED DRIED BEANS
- \* WHOLE GRAIN BREADS AND CEREALS
- \* FRUITS AND VEGETABLES



**BE SURE TO DRINK MORE WATER AS YOU EAT MORE FIBER !**

