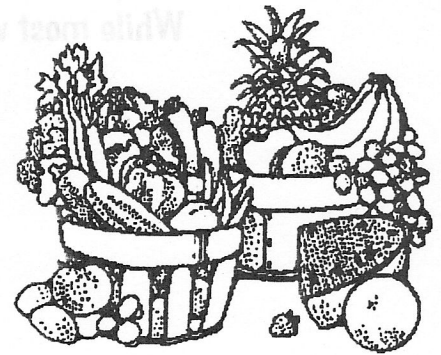


MAKING YOUR FIBER GOAL



IT'S EASY WITH VEGETABLES, FRUITS, WHOLE GRAINS, AND BEANS!

2 SERVINGS OF VEGETABLE JUICE	=	2 GRAMS
5 SERVINGS OF VEGETABLES	=	10 GRAMS
3 SERVINGS OF FRUITS	=	6 GRAMS
2 SERVINGS OF WHOLE GRAINS	=	6 GRAMS
1 SERVING OF COOKED DRY BEANS, LENTILS, PEAS	=	6 GRAMS
		TOTAL = 30 GRAMS

A SERVING IS EQUAL TO ...

VEGETABLES AND FRUITS

1 CUP RAW LEAFY, 1/2 CUP CUT-UP, 1 MEDIUM PIECE, 1/4 CUP DRY

WHOLE-GRAIN BREADS, CEREALS, GRAINS, AND PASTA

1 SLICE BREAD, 1/2 BAGEL OR BUN, 1/4 CUP BRAN, 3/4 CUP DRY CEREAL,
1/2 CUP COOKED CEREAL, RICE, OR OTHER GRAIN, 1/2 CUP COOKED PASTA

DRY BEANS, LENTILS, PEAS

1/2 CUP COOKED

SEE OVER FOR YOUR BEST BETS FOR FIBER ...