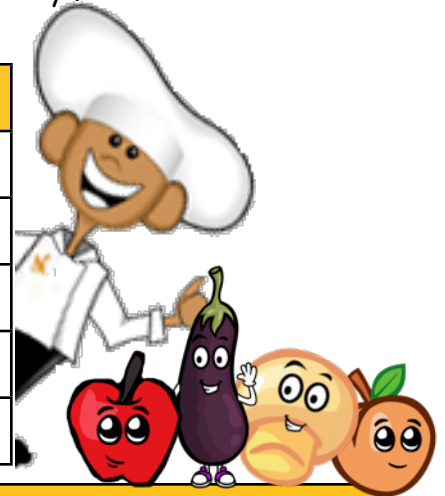
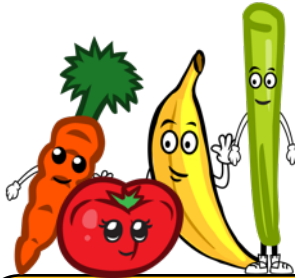


Chef Solus High Fiber Tips



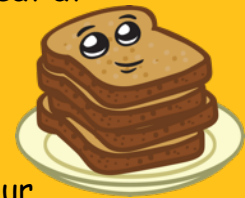
Fiber is a very important part of your child's diet. It helps their body process the food they have eaten and also helps you fight disease.

Fiber recommendations per day:	grams
Children 1 to 3 years old	19
Children 4 to 8 years old	25
Boys 9 to 13 years old	31
Girls 9 to 13 years old	26
Adults (depending on calorie intake)	25-35



1. Fresh fruit and vegetables are packed with fiber, so make sure to eat at least 5 servings each day.

2. Try 100% whole grain breads and muffins to get some fiber.



3. Make sure to drink plenty of water to help the fiber go through your body.

4. Mix white rice with whole grain rice to get started gradually.

5. Cut up some fresh fruit in your breakfast cereal.



6. Read the labels on your food. Does your cereal have 5 grams of fiber?

7. The peels of fruits like apples have lots of fiber in them, so make sure to eat the skin too.

8. Put seeds in your salad to add some extra flavor.

9. Add vegetables to tomato sauces and soups.

10. Beans and nuts are a great source of fiber and protein!

