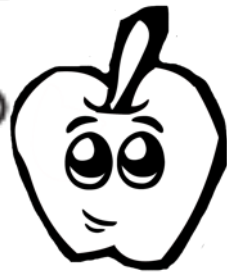


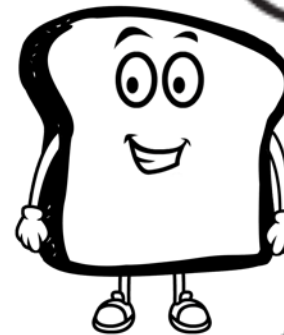
Chef Solus' Learning about High Fiber Foods

I am from the
Fruits Family and
we have fiber!
Leave our peel on to
get more fiber!

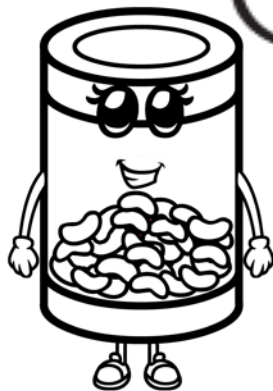


Fiber comes
from plant foods

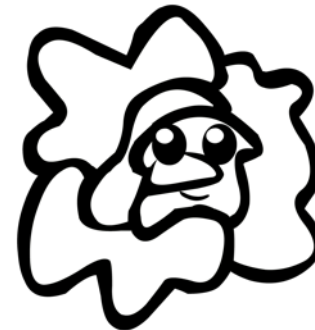
I am from the
100% Whole
Grains Family
and I am loaded
with fiber!



I am from the
Beans Family
and I have lots
of fiber!



I am from the
Vegetables Family
and we have fiber
too!

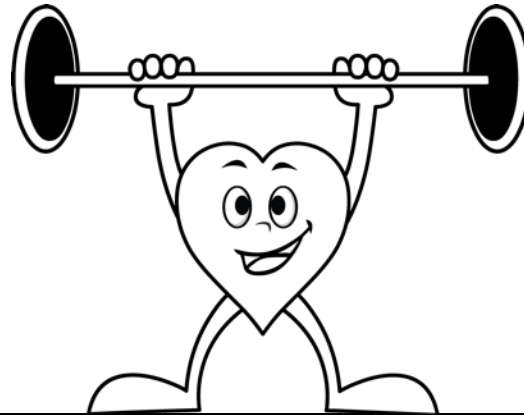
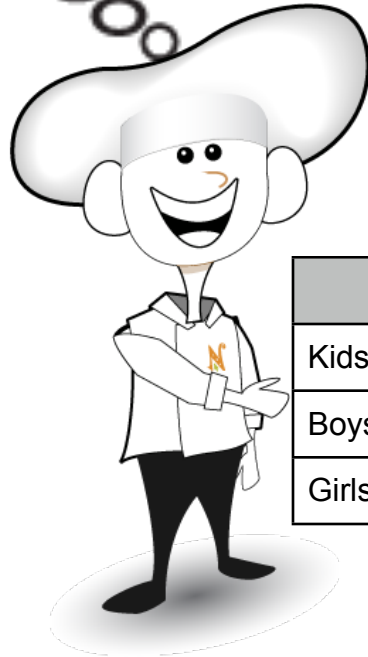


Visit www.ChefSolus.com for free printable worksheets for kids, nutrition education games and healthy food activities!

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Chef Solus' Learning about High Fiber Foods

Do you know how much fiber you need every day for a healthy heart?



Fiber is good for your heart and for your tummy!



See how much fiber you need everyday!

Kids 4 to 8 years old	25 grams
Boys 9 to 13 years old	31 grams
Girls 9 to 13 years old	26 grams

Kids need fiber too! Are you getting enough fiber? Look at our [list of high fiber foods](#) and see if you can create a meal full of fiber from some of your favorite foods!

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