

# ONE FIBER FOOD A DAY, CHECK OFF YOUR WEEK!



Try adding **ONE** of these each day:

- Oatmeal
- Chia or flax
- Beans or lentils
- Pear or apple (with skin)
- Cooked spinach or veggies



Check off the box when you include a fiber food in your day.

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

**Tip:** Drink extra water and start slow if you're not used to fiber. Always talk to your doctor before changing your diet.

