

# GET IT IN YOU.

OK, this is big. **Really big.** So listen up. Fiber is found naturally in **whole grains, vegetables, nuts, fruits, and beans** and is added to many other foods. A good source will deliver several grams of fiber per serving. Fiber cannot be digested, which **makes you feel fuller and eat less.** Plus fiber slows absorption of food and keeps blood sugar steadier. Bottom line, fiber's good for you. **Really good.** So much so that experts advise adults to eat **25-35 grams a day at a minimum for a healthy diet.** But most Americans eat less than half that much, and many kids eat mainly processed foods that contains almost no fiber at all. So help your body and **EAT MORE FIBER.**

the big number

**+5**

To figure out the minimum grams of fiber a child should eat each day for a healthy diet, add 5 to the child's age.

# FIBER

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

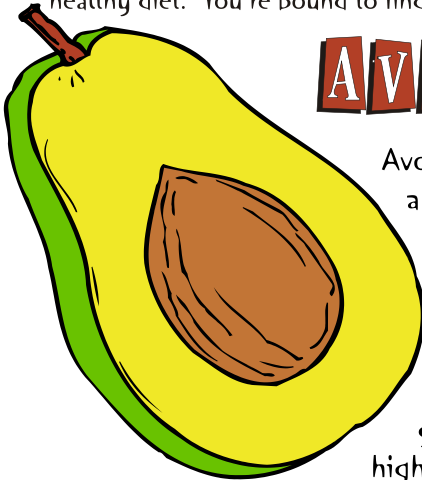
# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"GET IT IN YOU"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!



### AVOCADO

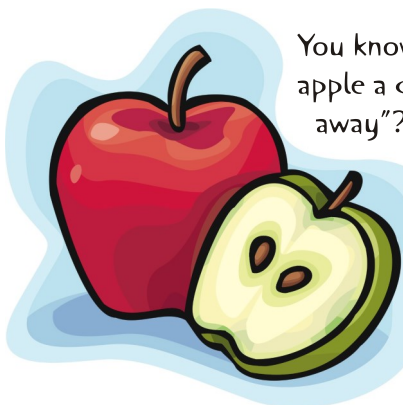
Avocados are one of the absolute best sources of fiber. One medium avocado contains almost 12 grams! Sliced in a salad or mixed up in some guacamole, avocado is high fiber and high flavor!

## LEARN EASIER

Eating enough fiber is good for learning, too. Fiber delays the absorption of sugars into the bloodstream, regulating blood sugar levels and helping kids learn easier and behave better. Plus, fiber helps kids feel full longer so they can pay attention in class.



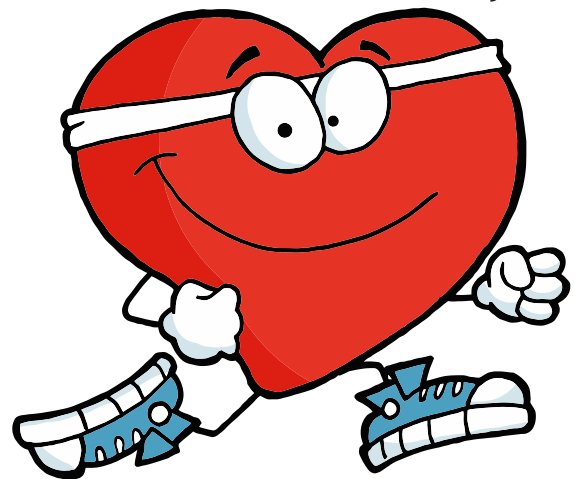
## LIVE HEALTHIER



You know the old saying, "an apple a day keeps the doctor away"? It's true. An apple (with skin) contains about 5 grams of fiber, so this long-time favorite is not only a great portable snack – it can help you live healthier!

## PLAY HARDER

Kids, if you want to help keep the adults in your life healthy (so they can play hard with you!), encourage them to eat lots of fiber, too. A diet rich in fiber can help reduce the risk of many nasty health problems, like diabetes and heart disease, and also lower total cholesterol and LDL (the bad cholesterol). A healthy ticker means more fun for them – and for you!



## Our two special ingredients.

We add two extra special ingredients to every item we prepare and serve: safety and cleanliness. Nothing happens in our kitchens until those two crucial ingredients are in place. Our staff receives comprehensive and on-going training in sanitation and safety practices. So your kids can enjoy convenient, economical, and healthy School Meals. And so you can enjoy peace of mind.

**School Meals**  
*We serve education every day™*