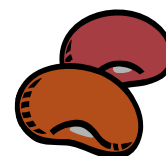
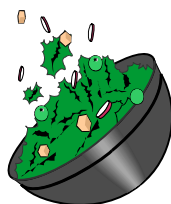


# Health Tip Of The Month: Eat High Fiber Choose High Fiber Foods



## Fiber Sources:

- Whole grains - oatmeal, whole wheat breads, brown rice & whole grain cereals
- Fruits - such as apples, oranges, strawberries
- Vegetables - such as carrots, corn, turnips, beets, squash
- Beans- such as lentils, pea beans, kidney beans, black eyed peas



## Health Facts:

- Foods high in fiber take time to chew, taking longer to eat, so you eat less.
- Many foods high in fiber are lower in calories
- Fiber lowers cholesterol absorption from food and reduces production by the body,
- Digesting fiber produces things that keep colon cell growth under control. Cancer contains out of control cell growth.
- Fiber collects and holds acids that can damage the colon lining
- Fiber speeds the elimination of waste from the body.