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.