

LET'S CHOOSE FOOD HIGHER IN FIBER!



WHITE RICE



BROWN RICE

More FIBER!



CREAM FILLING
BISCUIT



OAT/WHOLE MEAL
BISCUIT

More FIBER!



CORDIAL



FRUIT JUICE

More FIBER!



CHOCOLATE



NUTS

More FIBER!



WHITE BREAD



WHOLE MEAL
BREAD

More FIBER!



RICE PORRIDGE



OAT PORRIDGE

More FIBER!



SWEETS



RAISINS

More FIBER!



PLAIN MUFFIN



OAT MUFFIN

More FIBER!