

# Eating More Fiber

Many of us don't get enough fiber. Add more of this valuable nutrient to your meal plan.

Eat more whole fruits and vegetables.

The skin is where most of the fiber is.

Choose whole grains like wheat bread, brown rice, and quinoa. Legumes are a good source of fiber, too.

Add healthy seeds and beans to dishes that you already eat.

Get creative!

Sprinkle seeds on your morning yogurt... pack beans and brown rice into stir fry... add veggies to any dish.

By making these small changes, you can try different flavors and textures while getting more fiber every day.