



## **Boost Your Daily Fiber**

	<b>Typical Day</b>		<b>Healthy Fiber Day</b>
<b>Morning Meal</b>	Fried eggs White toast Cornflakes with milk Apple juice Butter and jelly Coffee	<b>Try This Instead</b>	Raisin bran cereal with skim milk Oat bran banana bread Fresh orange slices Coffee
<b>Noon Meal</b>	Canned tomato soup Turkey sandwich on white bread with mayonnaise Brownie Coffee and milk	<b>This is Smarter</b>	Lentil or split pea soup Turkey sandwich on whole wheat bread with lettuce and tomato Oatmeal raisin cookie Skim milk and coffee
<b>Evening Meal</b>	Fried chicken Mashed potato with butter Tomato juice White bun Ice cream/chocolate sauce	<b>This Is Healthier</b>	Baked chicken (don't eat skin) Baked potato (eat the skin) Steamed broccoli Whole grain bun Ice milk
<b>Snacks</b>	Sugar cookie Potato chips Grape juice Ice cream	<b>These Taste Great</b>	Fresh apple slices with cinnamon Popcorn Raisins

\*This menu has 3 grams of fiber and 115 grams of fat.

\*This one is much better with 35 grams of fiber and 28 grams of fat.

From the Fiber and Your Health: It does make a Difference. North Dakota State University Extension Service.

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