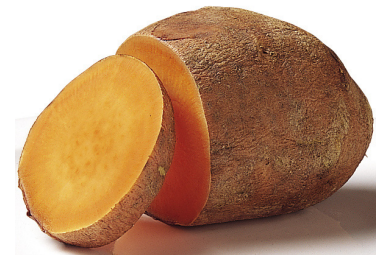


Fiber

Fiber comes from plants.



These are
some
fruits and
vegetables
you can eat
to get fiber.



Eat foods with fiber to help keep
your body healthy.

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools