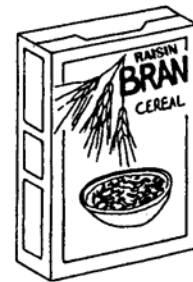


# Whole-grain Foods are Good Sources of Fiber.

**A healthy adult should have about 14 grams of fiber for every 1,000 calories you eat and drink each day.**

1. Try a whole-grain breakfast cereal, such as hot oatmeal, or ready-to-eat bran flakes, raisin bran, or wheat flakes. For example, a half-cup serving of ready-to-eat bran cereal has 8 grams of fiber. It doesn't have to be 100 percent bran - look for a cereal with 2 or more grams of dietary fiber per serving.



2. Choose baked goods made with whole grains, such as whole-wheat bread, oatmeal bread or muffins, multigrain bread, bran bread, and whole-wheat bagels. Make sure the whole-grain ingredient is listed first or second on the label.
3. Eat fresh fruit or stewed fruit for dessert or snacks - berries, an orange, one-half grapefruit, prunes, or apricots.
4. Eat fruits and vegetables with their peels - apples, pears, peaches, summer squash, or potatoes.
5. Add cooked or canned dry beans, split peas, and lentils to your favorite soups, stews, and salads.



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