



The
PTI BUZZ
Carol Kur, MSRD

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Ten High Fiber Foods for a healthier and slimmer you!!!

Easy ways to add fiber to your diet and aim for 20-25 grams/day:

Beans-One cup of black beans has over 19 grams

Bran- One low fat bran muffin has 4 grams

Peas-1/2 cup peas has 9 grams

Corn-One ear of corn has 5 grams

Berries-1/2 cup of raspberries has 4 grams

Potatoes-One potato has 5 grams

Figs- Three dried figs equal 10 1/2 grams

Broccoli Bites-3/4 of a cup has 7 grams

Oatmeal- 3/4 of a cup has 7 grams

Apple- One apple has 4 grams

Play beach volleyball for 13 minutes and burn 100 calories!!!!

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