



Dietary Fiber

A nutrient you want **MORE** of.

Increase Fiber
DAILY
to at least:

25
Grams

38
Grams



Women & Kids



Men

Nutrition Facts

Dietary Fiber 7g **24%**

5% Daily Value or less of dietary fiber **per serving = low**
20% Daily Value or more of dietary fiber **per serving = high**

Fiber is found in all plant foods:

Fruits • Veggies • Whole Grains
Nuts & Seeds • Beans • Legumes



For more information scan this code or visit:

<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/dietary-fiber.cfm>

LiveLifeWell
Employee Well-being

