

FIBER



Soluble Fiber = SLOW



CHIA SEEDS



FLAX SEEDS



OAT BRAN



APPLE



CRUCIFEROUS VEG

Insoluble Fiber = GO



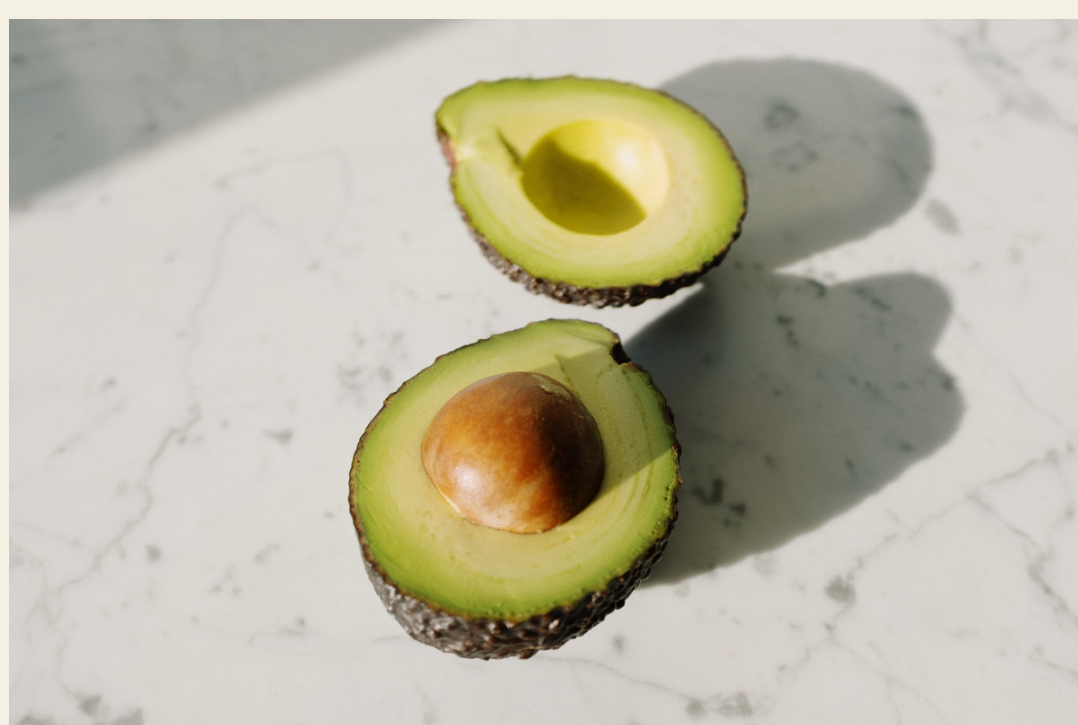
WHEAT BRAN



LENTILS



NUTS



AVOCADO



PRUNES