



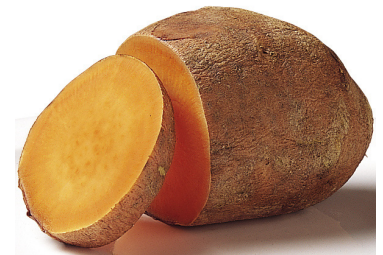
# Fiber



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*



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.