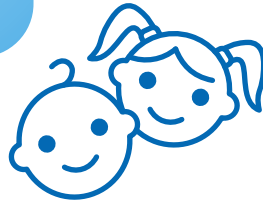


LOCAL RECOMMENDATIONS vs ACTUAL INTAKES

A FIBER GAP IS EMERGING IN WESTERNIZED COUNTRIES



(GRAMS/DAY)

Local recommendation

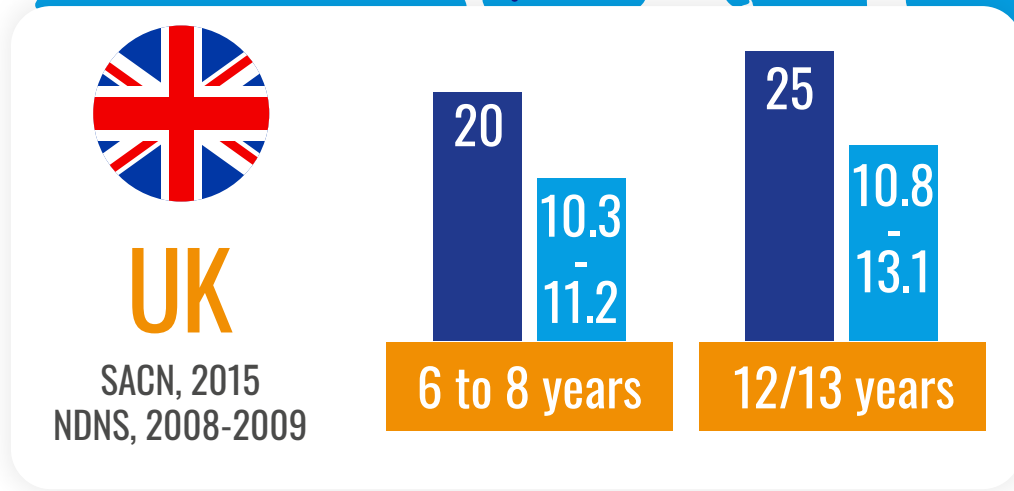
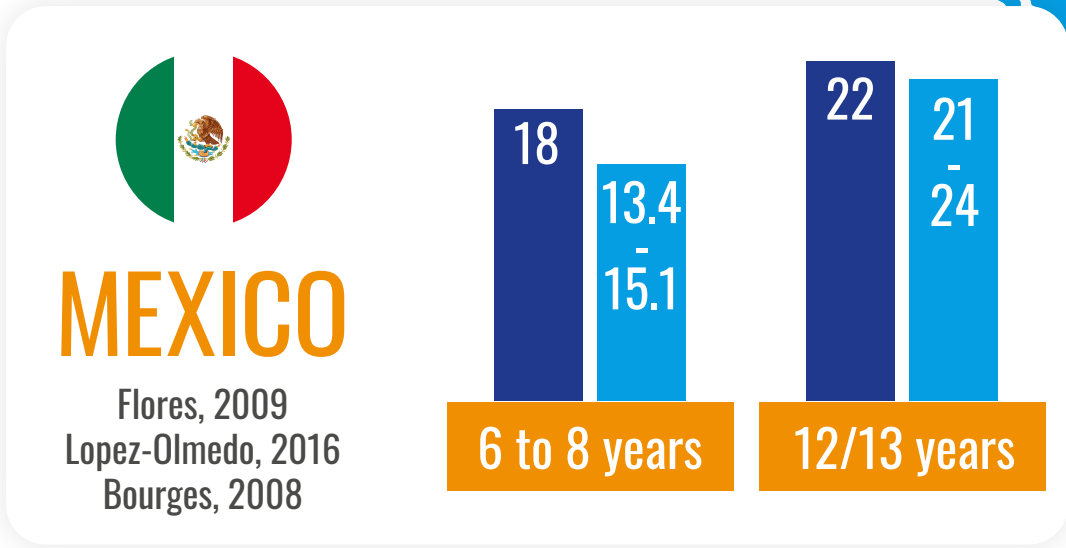
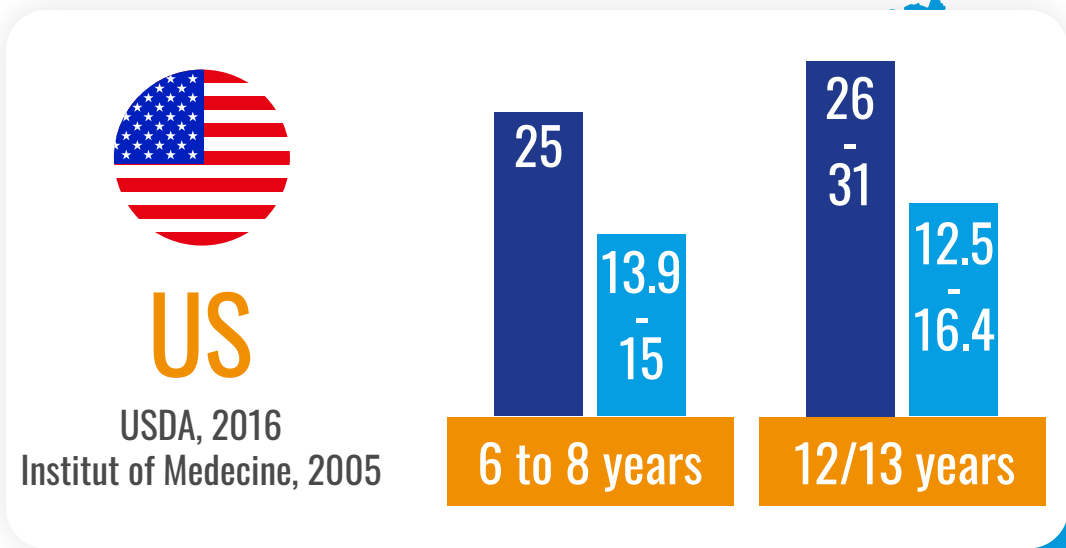
6 to 8 years

6 to 8 year-old children

Actual intake

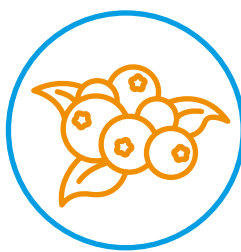
12/13 years

12/13 year-old children



DID YOU KNOW?

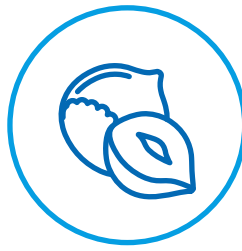
ANY OF THESE FOODS WILL BRING US 25g OF FIBERS



7 cups of blueberries



8½ small oat bran muffins



2 cups of hazelnuts



7 medium potatoes baked with skin



4½ cups of whole grain pasta

US cup = 236.59ml



**ALL ACTORS
OF OUR OWN
HEALTH**

So let's start paying attention to the fiber content of our family's meals