EAT WELL, AGE WELL.

Monthly Tracking Calendar - Fiber

WEEK 1: Measure your daily intake of fiber at least 3 days this week.

WEEK 2: Now that you know your baseline, try eating an additional 10 grams of fiber 2 days this week.

WEEK 3: Eat some berries for a snack at least 2 days this week, raspberries and blackberries are packed with fiber!

WEEK 4: Try slow roasting veggies to go along with a meal at least once this week.

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!