



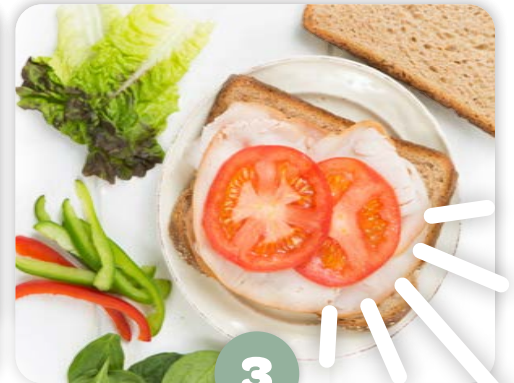
## ways to eat more fiber:



Enjoy **whole grain** cereal  
topped with **berries**.



Serve beef and **bean** tacos.



Add **veggies** to  
your sandwich.



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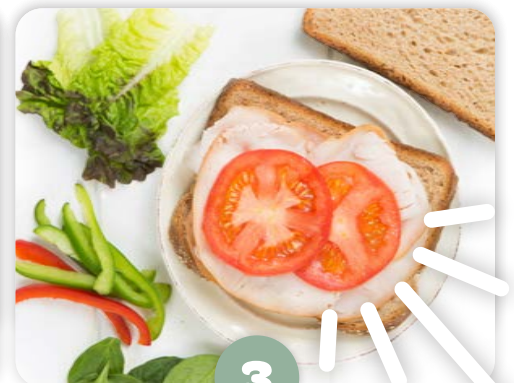
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