

ways to eat more fiber:



1

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



2

Serve beef and **bean** tacos.



3

Add **veggies** to your sandwich.



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cómo consumir más fibra:



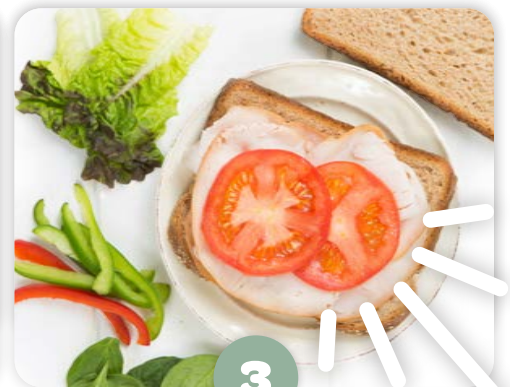
1

Sirva **cereales integrales** con **bayas**.



2

Sirve tacos de carne de res y **frijoles**.



3

Añade **verduras** a tu sándwich.



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