

Fiber Focus Friday:

THE AMAZING APPLE

- 1.) 7,500 varieties of apples are grown throughout the world
- 2.) Pomology is the science of apple growing
- 3.) Apples are a member of the rose family
- 4.) It takes the energy from 50 leaves to produce one apple



The Astonishing Almond



Quick Stats

- 1) 3.5 Grams of Fiber Per 28 oz (Handful)
- 2) Extremely High in Antioxidants
- 3) Weight Loss Superfood
- 4) Member of the Peach family

SWEET POTATOES

Nature's succulent spud



FUN FACTS

1. Contains 4 grams of fiber
2. A root vegetable
3. 100 years ago US citizens ate 7 times as many sweet potatoes as we do now
4. Yams and sweet potatoes are actually different foods

BREATHTAKING BLUEBERRIES



FUN FACTS

- 1.) One of nature's only true blue foods that can even be used as dye
- 2) Has 3.6 grams of fiber
- 3.) Protects against memory loss
- 4.) Also known as starberries
- 5.) Wild blueberries are smaller than their farm grown counterparts