

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

Outstanding Oatmeal



- 1) The Fiber Content of Oatmeal is 4 grams per cup
- 2) Oatmeal is very high in antioxidants
- 3) Oats are naturally free of gluten
- 4) Oatmeal can fight inflammation due to the presence of avenanthramides
- 5) There is a town called Oatmeal in Texas, about 50 miles away from Austin.

SCINTILLATING STARFRUIT



- ★ **FUN FACTS** ★
- 1) Also known as Carambola
 - 2) Most popular in Asia
 - 3) Resembles the shape of a star
 - 4) Fiber content is 3.5 grams
 - 5) Ready to harvest when it first starts to turn from green to yellow

Broccoli The Bold Choice



Fun Facts

- 1) Tom "Broccoli" Landers holds the current world record for eating 1 pound of broccoli in 92 seconds.
- 2) Broccoli has 4 grams of fiber
- 3) Broccoli once grew wild on the shores of the Mediterranean Sea.

BEAMING BANANAS



FUN FACTS

1. Bananas do not grow on trees, they grow on a perennial herb!
2. Bananas have 3.1 grams of fiber.
3. You can use a banana peel to clean and polish leather shoes.
4. Humans eat more bananas than oranges and apple combined!