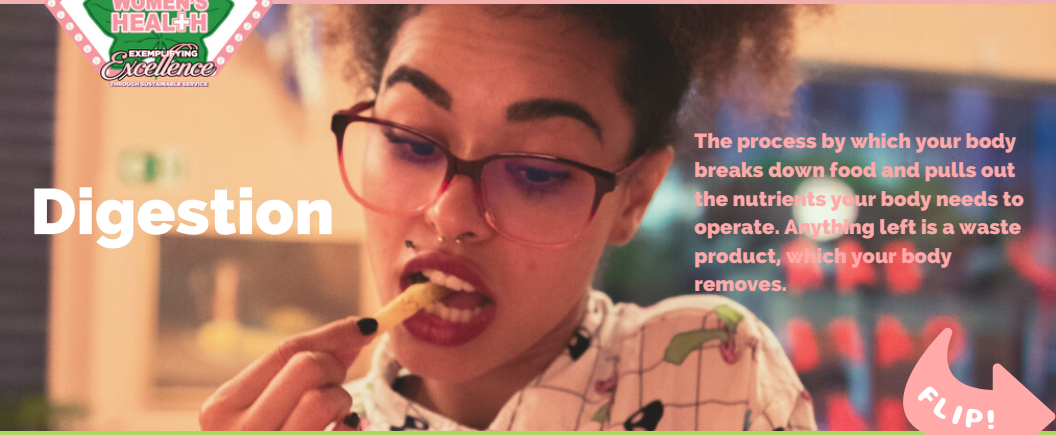
2020 Nutrition Card



Digestion

The process by which your body breaks down food and pulls out the nutrients your body needs to operate. Anything left is a waste product, which your body removes.

FLIP!

Did you know, in general, food takes 24 to 72 hours to move through your digestive tract. The exact time depends on the amount and types of foods you've eaten. Meat and fish can take as long as 2 days to fully digest.

Source: healthline media

To keep food moving smoothly through your digestive system and prevent issues like diarrhea and constipation, try these tips:

- Eat more greens, fruit, and whole grains
- Limit red meat and processed foods
- Add probiotics to your diet
- Exercise daily

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HIGH FIBER BROWNIE RECIPE

These brownies have lots of All-Bran in them, this is where the fiber comes from. So, they do have a little bit of a different texture. But, they still have that chocolate taste.

Ingredients

3 Cups Kelloggs Extra Fiber All Bran Cereal
2 1/2 cups water
1 1/2 tsp baking powder
1 box Betty Crocker Sweet Rewards Brownie Mix

Instructions

- Soak cereal in water for about 5 – 15 min.
- Add baking powder and brownie mix. Stir until blended.
- Do not add any more moisture. Fill muffin cups about 1/2 full.
- Bake 350 degrees 20 min. Makes 30 med. size muffins at 1 Weight Watchers point each.

Resource: https://www.thetaylor-house.com/high-fiber-brownie-recipe/

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