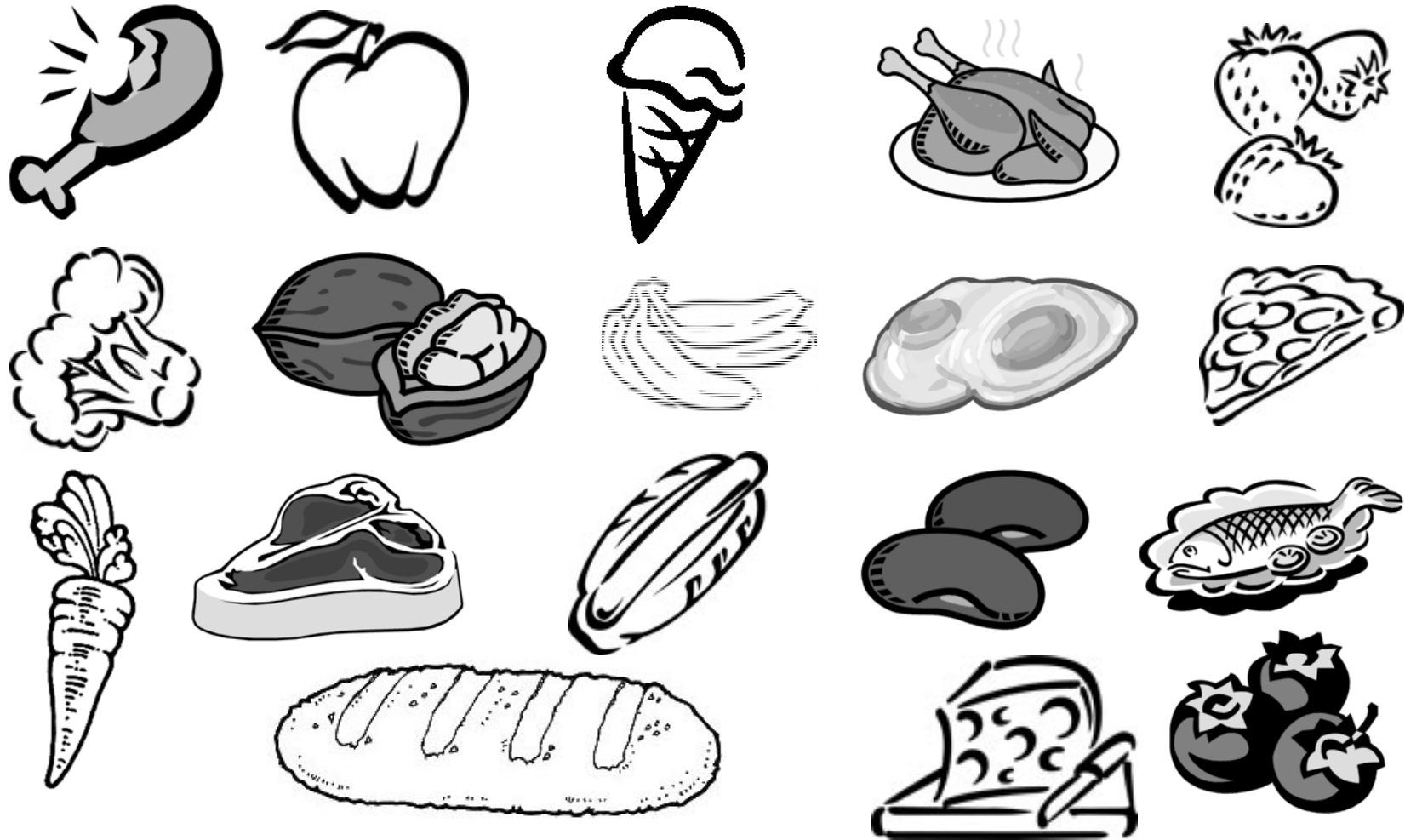


Cholesterol or Fiber?

Our bodies make all the cholesterol we need. When we eat too many foods with cholesterol we may get too much. Our bodies need fiber to help us from getting constipated. Do you know what constipation is? Fiber helps to lower cholesterol, and keep our blood sugar levels even. Fiber helps to prevent cancer, diabetes, heart disease and obesity. Most people eat too much cholesterol, and not enough fiber. For good health, it is important to eat more fiber, and less cholesterol. Can you guess which foods have fiber and which foods have cholesterol?

Circle the foods that contain fiber and put an "X" through the foods that contain cholesterol.
Do you notice anything interesting about foods that contain cholesterol and foods that contain fiber?



Only foods from animals contain cholesterol, and only foods from plants contain fiber!