

by Stretch-n-Grow

FIBER

15 Healthy High-Fiber Foods That Make You Feel Full and Satisfied



Oatmeal contains soluble fiber, which contributes to keeping cholesterol levels in check, and insoluble fiber, which helps you feel satisfied.



Just 1/4 cup of almonds has 4.5 grams of fiber.



Cup of raspberries is great and has eight grams of fiber.



About seven that are on the larger side have three grams of fiber.



Store-bought hummus has about 2.7 grams of fiber in a three-tablespoon serving.



With 5.5 grams of fiber in just one medium-sized pear, this fruit's always a solid choice.



Barley has the highest fiber content of all the whole grains—cooked pearled barley packs six grams of fiber per cup.



One avocado has about 13.5 grams of the filling nutrient.



Each medium-sized apple has 4.4 grams of fiber.



Anything with these deep, dark green colors is super, super healthy and loaded with antioxidants, two cups of raw kale packs 4.8 grams of fiber.



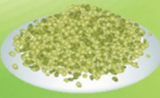
Just one ounce (about two tablespoons) of them has 9.8 grams of fiber.



Brussels sprouts are another member of the cruciferous family, and each cup of cooked ones has 4.1 grams of fiber.



It has tons of antioxidants, which have cancer-fighting benefits, and it'll boost your fiber intake one cup of boiled broccoli has 5.1 grams of it.

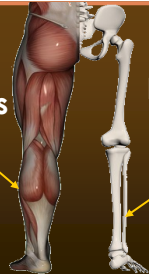


Each 1/4 cup has 3.9 grams of fiber and almost 4.5 grams of protein.



One medium-sized cooked artichoke has a whopping 10.3 grams of fiber.

MUSCLE:
Gastrocnemius



BONE:
Fibula and Tibia

MOTOR SKILL FOCUS

Jumping Jacks (Locomotor)



YOGA POSE

Monkey Squat



BRITISH SUMMERTIME BEGINS MARCH 28TH

Things are changing. Brighter days are ahead. Grasp the simple things in life. Help your little ones to notice the changes around them. Brighter mornings, longer days, spring flowers popping up. Warmer days should allow everyone to get out more. Have fun xx!

