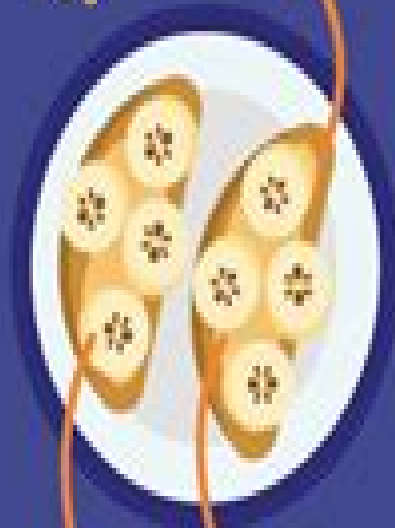


a day eating more than 25 grams of fibre

breakfast ≈ 8.5 g

2 slices of whole
wheat bread (70 g)
≈ 5 g



1 banana
≈ 1.5 g

2 tbsp of
peanut butter
2 g

lunch ≈ 15 g

¼ avocado
≈ 3 g

varied veggies
(100 g)
1 g



80 g of
chickpeas
≈ 6 g

quinoa (75 g
uncooked)
≈ 5 g

snack ≈ 3.1 g

1 orange
≈ 1.5 g



handful of
unsalted nuts
≈ 1.5 g

dinner ≈ 10 g

200 g of
tomato soup
≈ 3 g

2 tbsp of
hummus
≈ 2 g



2 slices
of whole
wheat toast
≈ 5 g

total of around 37 g of fibre



eufic

Men Of Fiber

Nadya Swedan



Men Of Fiber:

The Harvard Medical School Guide to Men's Health Harvey B. Simon, 2004-02-03 Presents practical health advice for men covering diet and exercise supplements alcohol stress control men s diseases and disorders and the health care system

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Cross-classifications, 1975 This publication brings together all schedules of commodity and geographic trade classifications currently being used in the compilation and publication of U S foreign trade statistics Schedule A imports including cross classification to TSUSA and individual Schedule A B classification number assignments to the item descriptions shown in the selected commodity groupings and commodity tables of Report FT 990 Highlights U S Exports and Imports Schedule B exports classification use end and SIC based product classifications Schedule C individual country designations included in summary reports involving geographic trade areas and TSUSA imports **Women's Sports Medicine and Rehabilitation**

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