

# Cupboard Tip Sheet

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Small changes evoke BIG results. Follow the tips below to make TODAY a bit more fabulous!

- Consume 20-35 grams of fiber each day
- Increase your daily fluid intake, whether it's in the form of drinking water, fruit juices or the fluid in fruits and vegetables
- Add dried fruits, which are available all year long, to your snacking routine
- Check the labels and choose foods rich with vitamin C, magnesium and potassium
- Start your day off smart by incorporating a glass of great tasting PlumSmart® into your breakfast routine
- Incorporate more whole grains into your diet, including oat bran and wheat bran cereals and whole grain cereals, breads, pastas and brown rice
- Get up and get moving because exercise helps keep your body functioning properly and you feeling fabulous!

Get Smart about Digestive Health

