



# Babies



And

## Fiber-Rich Foods



### Benefits Of Fiber

Insoluble fiber helps with digestion.



Both soluble and insoluble fiber act as prebiotics beneficial for the gut microflora.



A fiber-rich diet can help boost the immune system.



It helps in the absorption of nutrients and also increases appetite.



### Fiber-Rich Foods

Grains (and cereals).



Vegetables such as spinach, broccoli, beans, edamame, sweet potato, corn, and carrots.



Fruits such as watermelon, muskmelon, apple, banana, strawberries, and blackberries.



Pulses and legumes.

