

Small changes can make a **BIG** impact



## SANDWICH SWAPS

**DID YOU KNOW SUFFICIENT FIBER INTAKE CAN DIRECTLY INFLUENCE THE LINK BETWEEN OUR GUT AND MENTAL HEALTH? SWAP OUT YOUR WHITE BREAD FOR A WHOLE WHEAT SANDWICH THIN, PACKED WITH FIBER, PROTEIN AND CARBOHYDRATES. THIS SWAP ADDS 5 GRAMS OF FIBER, HELPING YOU ACHIEVE THE DAILY RECOMMENDED AMOUNT OF 25-30 GRAMS.**



**SUGGESTIONS FROM  
OUR REGISTERED DIETITIAN KELSEY MASSIS, MBA, RD, LD**