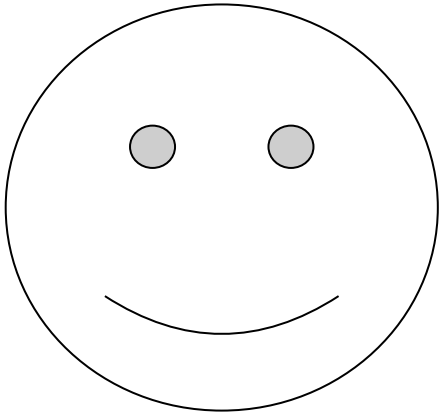


Foods low in fibre



Foods high in fibre