

What's for breakfast?



\$4.89 per box
whole-grain cereal



\$116 per month
cholesterol medicine

Getting 20–35 grams of fiber daily is just one of the ways you can reduce your risk of costly health problems. When it comes to the cost of healthcare, your choices make a difference.

Source: PRIME, Antilipidemic comparisons, October 2011.



NEBRASKA

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