

What's for breakfast?



\$4.89 per box
whole-grain cereal



\$113 per month
cholesterol medicine

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



BlueCross BlueShield of Nebraska

A Not-For-Profit Mutual Insurance Company and an Independent Licensee of the Blue Cross and Blue Shield Association.

Source: Harvard School of Public Health

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