**Fiber Song Lyrics**

**Chorus**

Fiber! So very good for you.

Fiber! It helps the food get through.

Fiber! It keeps you running smooth.

Everybody needs a lot of fiber.

Every meal, every day, you gotta think about the fiber way.

Fruits, and veggies, and whole grains too:

Full of fiber and good for you.

Apples, pears, and prunes have fiber by the mile!

Eat ‘em as a snack, they’re gonna make you smile!

***Chorus***

Every meal, every day, you gotta think about the fiber way.

Fruits, and veggies, and whole grains too:

Full of fiber and good for you.

Veggies with fiber like broccoli are great,

Put some sweet potatoes and spinach on your plate!

Fiber! (yeah!) So very good for you.

Fiber! (that’s right) It helps the food get through.

Fiber! (I’m talkin’ about fiber) It keeps you running smooth.

Everybody needs a lot of fiber.

It’s a whole lotta things that work together,

To keep your body running like a clean machine.

Keeps you healthy. Fiber!

Keeps you movin’. Fiber!

Every meal. Fiber!

You gotta eat a lot of foods with F-I-B-E-R!!

Fiber! So very good for you.

Fiber! It helps the food get through.

Fiber! It keeps you running smooth.

Everybody needs a lot of fiber.

Fiber! (come on!) So very good for you!

Fiber! (get some fiber) So very good for you!

Every meal, every day, you gotta think about the fiber way.

Fruits, and veggies, and whole grains too:

Full of fiber and good for you.

Every meal, every day, you gotta think about the fiber way.

Everybody needs a lot of fiber!