



Maintain a Healthy Digestive Tract and Feel Fabulous

It's time we gave digestion the healthy respect it deserves. The process is truly life-giving as the intestines extract and absorb nutrients from foods, leaving nothing but waste that must be eliminated. Feed your body for digestive health and you'll feed your body for maximum health.

Eat More Fiber Rich Foods

Fiber promotes digestive health, which is vital to overall health and disease prevention. So pack a handful of prunes as a mid-afternoon snack or pour a crisp-tasting glass of PlumSmart® juice, which contains 3g of fiber per cup. Kids like the taste, too, and it's a great way to sneak in a nutritious fruit serving after school.

Keep the Water Flowing

Dehydration can lead to headaches, lack of focus, fatigue, constipation and lackluster skin. And whether you're drinking water, fruit juices or getting fluids from the fresh fruits and vegetables in your diet, they all count towards the recommended 8 glasses of water per day.

Keep Moving

Did you know by taking the stairs instead of the escalator you're burning five times as many calories? Regular physical activity not only revs up your metabolism, it helps promote digestive health by keeping you "regular."

Take Five

Stress can keep your stomach in knots and lead to digestive issues. Soothe away stress before it gets you by listening to calming music or simply phoning a friend to catch up.

How Much Fiber Do You Need Each Day?

AGE 50 and YOUNGER

Men 38 Grams
Women 25 Grams

AGE 51 and OLDER

Men 30 Grams
Women 21 Grams

The Power of Prune Juice

As part of the ongoing process of maintaining a healthy digestive system, Sunsweet® AmazIn® Prune Juice is an all-natural digestive health remedy – no preservatives, no added sugar – just 100% juice made from sun-sweetened prunes.

The PlumSmart Solution

PlumSmart is a delicious 100% juice* that helps regulate the digestive system effectively and gently. PlumSmart, made from a special California plum variety grown also for prune juice, delivers the fiber and minerals that promote digestive health.

*with added ingredients



ONLINE RESOURCES FOR A HEALTHY LIFESTYLE

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www.webmd.com
www.nlm.nih.gov/medlineplus
www.eatright.org
www.choosemyplate.gov

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