

Fruit-Eze™ Fun For Kids

Fun Following Food's Journey



How Do Fluids and Fiber Help the Journey of Food?

Together, fluids *and* fiber help your body to turn unused bits of food (called waste) into stools. How does this happen? Fibers, from the foods you eat, swell up with water. Your body then uses these swollen fibers give stools their mass and help to make your stools soft.

Where can fiber be found? Fiber is found in fruits, vegetables and grains (cereal, brown rice, whole wheat bread). In addition to the water, milk and juice you drink, did you know that you can also get fluids from fruits and vegetables? That's right, juicy prunes, grapes, melons, citrus,

lettuce, tomatoes, and cucumbers all contain fiber *and* useful fluids.

What is Fruit-Eze™ and how does it help the journey of food? Fruit-Eze™ is a 100% fruit blend made from prunes, raisins, dates and prune juice. Like jam, it tastes great on toast. Because it is a good source of fiber, Fruit-Eze™ can help to make your stools soft, flexible, and easy to pass.

Can you identify and color the prunes, dates, grapes & prune juice on this page?



For additional copies, information, or, to place orders contact:

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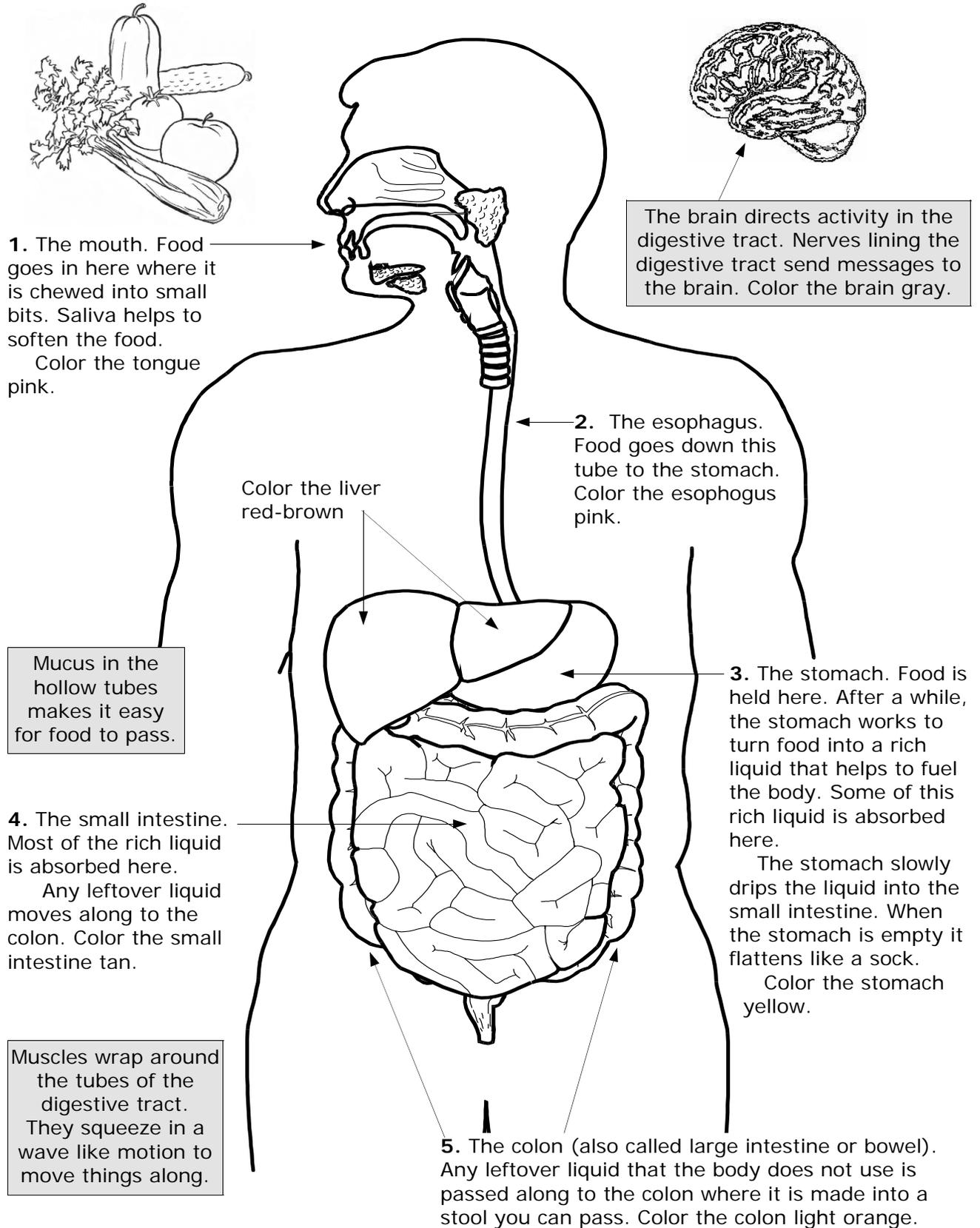
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Can You Follow the Amazing Journey of Food?

The foods we eat pass through several hollow tubes called the digestive tract. The journey of food through the body takes about a day.

Follow the numbers from one to five to learn about the amazing journey of food. More at: www.fruiteze.com/education/kids

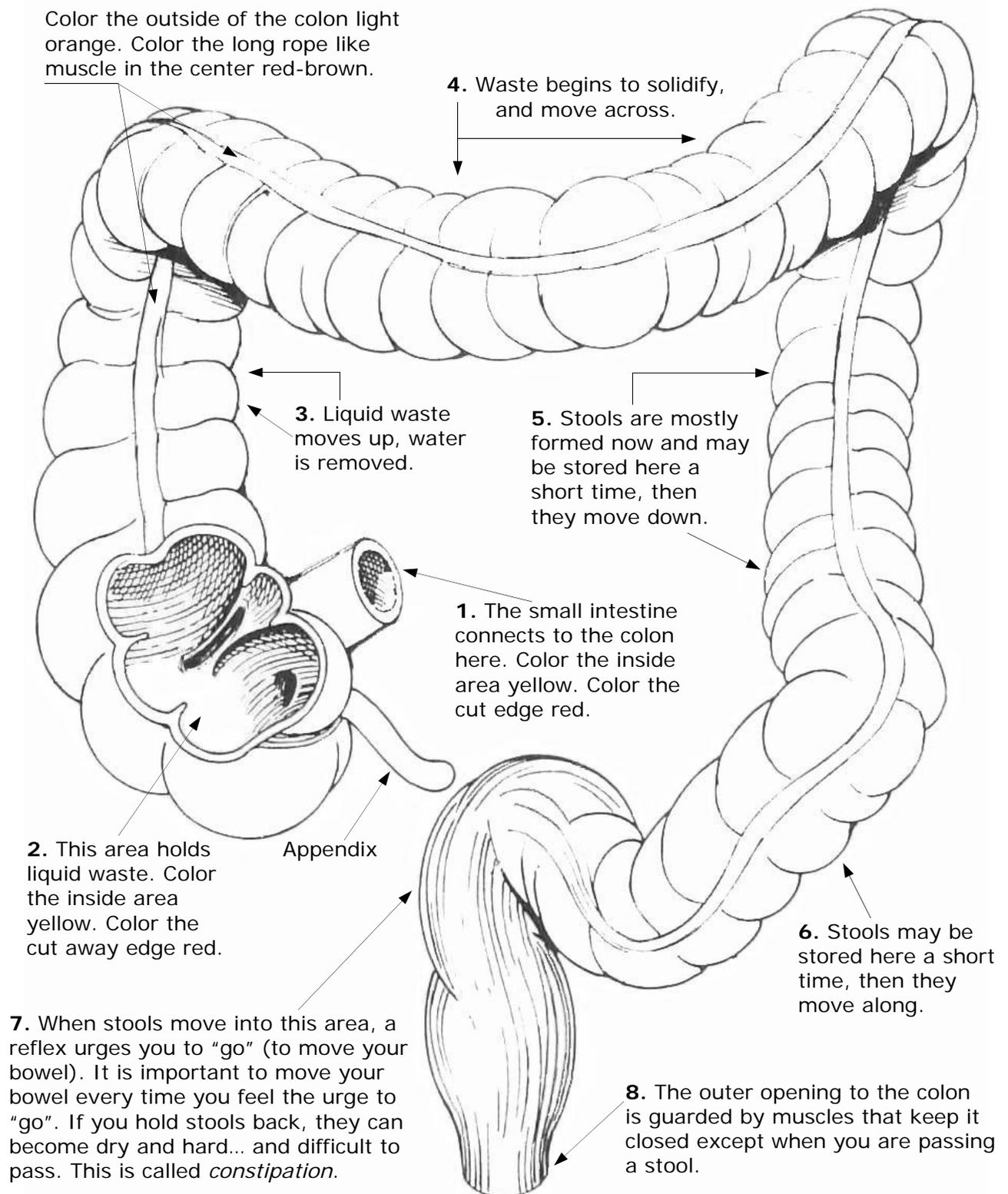


Where Does the Journey of Food End?

Food's amazing journey ends at the colon.

The colon is where liquid waste is turned into stools. Stools may also be called poop. Stools are formed so that you can pass waste out of your body. Stools are passed out of your

body when you move your bowel. Stools contain germs. Washing your hands after using the toilet helps prevent the spread of germs. The numbers from 1-5 show how liquid waste is turned into stool.



How Does Exercise Help the Journey of Food?

Exercise helps to strengthen the muscles that surround your digestive tract and helps to get your bowels moving. When your muscles

are strong, stools are easily formed and passed. Which of these activities help make the digestive tract muscles strong?

- Walking
- Marching
- Hiking
- Running
- Flying Kites
- Stair Climbing
- Biking
- Swimming
- Skipping Rope
- Leaping
- Gymnastics
- Dancing
- Ball Games

Any of these activities can help make the muscles of your digestive tract strong.



Fruit-Eze™ pure fruit regularity blend is great for kids and adults. Parents can learn more about Fruit-Eze™ and order Fruit-Eze™ by contacting us at www.fruiteze.com or by calling us at 1-888-Regular (1-888-734-8527).