



# fiber: are you getting enough?

Fiber is the component of plants such as fruits, vegetables, grains, nuts, seeds and legumes (beans and peas). Fiber is what puts the bulk in greens and the crunch in carrots. Foods high in fiber are usually low in calories and fat while packed with vitamins and minerals that help you grow healthy and strong!

### > How Much Fiber Do I Need?

- **Adults:** 20-30 grams of fiber per day
- **Children:** 20-25 grams of fiber per day
- On average, Americans consume less than half the fiber recommendations.
- Water is important to help fiber work in your body! Carry a water bottle and sip on it throughout the day.

### > Fiber Can Help With...

- High Blood Cholesterol
- High Blood Pressure
- Normalizing Blood Glucose
- Preventing Obesity

### > How Can I Increase My Fiber Intake?

- Eat at least 2 cups of fruit and 2 1/2 cups of vegetables a day!
- Keep bags of vegetables in the freezer! Add a few handfuls to soups, sauces, casseroles, or pasta dishes.
- Order pizza with vegetable toppings (or make your own!).
- Snack on air-popped popcorn, dry-roasted nuts and seeds.

### > Fiber Challenge

Use the chart above to count the total grams of fiber in each meal.

Breakfast	Snack	Lunch	Dinner
1 banana = _____	1 bran muffin = _____	Meatloaf = _____	1/2 cup broccoli = _____
1/2 cup oatmeal = _____	1 pear = _____	2 slices whole wheat bread = _____	1/2 cup whole wheat pasta = _____
TOTAL = _____	TOTAL = _____	1/2 cup carrots = _____	Grilled Chicken = _____
		TOTAL = _____	TOTAL = _____

Breakfast = 4.3 grams; Snack = 6.8 grams; Lunch = 8.2 grams; Dinner = 4.2 grams

### > Fiber Content of Common Foods

Food	Serving Size	Fiber (grams)
Black Beans	1/2 cup	9.7
Kidney Beans	1/2 cup	7.3
Raisins	1/2 cup	3
Raspberries	1 cup	8
Pear	1, small	4.3
Orange	1, medium	3
Corn, canned	1/2 cup	2.9
Banana	1	2.4
Apple	1, small	2.5
Zucchini	1/2 cup	1.8
Broccoli	1/2 cup	2.2
Green Peas	1/2 cup	4
Carrots	1/2 cup	2.2
Brown Rice	1/2 cup	2
Oatmeal	1/2 cup	1.9
Bran Muffin	1	2.5
Granola Bar – Nature Valley Oats'n Honey	1 pouch	2
Whole Wheat Pancakes	2	2.4
White Bread	1 slice	0.4
100% Whole Wheat/Grain Bread	1 slice	3
Cooked Whole Wheat Pasta	1/2 cup	2
Meatloaf	3 oz	0
Grilled Chicken Breast	3 oz	0

\* Foods from different brands may vary in exact fiber content. Always check the label!