



# Fast Fiber Facts

## True or false (T or F)?

- Dietary fiber is found in plant foods (fruits, vegetables, grains and legumes).
- Getting your fiber from whole fruits, vegetables, grains and legumes also provides many important nutrients for your health.
- You get less fiber from orange juice than from an orange. In general, less processing equals more fiber.
- Soluble fiber is best for lowering blood cholesterol. Insoluble fiber helps the intestine function well. So eating a variety of fiber-rich foods is best.

The answers: *All are true statements!*

## How Much Fiber Do You Need?

The National Institutes of Health recommends 20 to 35 grams of fiber daily for older children, adolescents and adults. The Mayo Clinic has the following recommendations:

	Fiber recommendation (grams per day)
Men, age 50 and younger	38
Men, age 51 and older	30
Women, age 50 and younger	25
Women, age 51 and older	21

Source: Mayo Clinic; [www.mayoclinic.com/health/fiber/NU00033/NSECTIONGROUP=2](http://www.mayoclinic.com/health/fiber/NU00033/NSECTIONGROUP=2)

## Simple Swaps to Perk Up the Fiber in Your Diet



### Higher-fiber choice:

- White bread ..... Whole-grain bread
- Instant or white rice ..... Brown rice
- Canned fruit or juice ..... Fresh fruit with skins
- Potato chips ..... Popcorn
- Chocolate chips ..... Raisins
- Cream of tomato soup... Lentil or split pea soup
- Low-fiber cereal ..... Bran cereal
- Sugar cookies ..... Oatmeal raisin cookies
- White flour ..... Whole-wheat flour

**Remember to increase your fiber intake slowly, and drink plenty of water to avoid digestive upset.**

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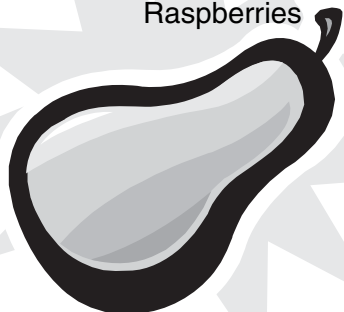
# Your Fiber-food Hit Parade

To learn more about your food choices, compare Nutrition Facts labels on packaged foods. The food label can state that a product is “a good source” of fiber if the food has 2.5 grams to 4.9 grams of fiber per serving. The package can claim “high in,” “rich in” or “excellent source of” fiber if the food provides 5 grams per serving.

## ☆☆☆ Fruits ☆☆☆

(2 grams or more fiber per serving, about ½ cup)

- |              |             |
|--------------|-------------|
| Apple w/skin | Blueberries |
| Banana       | Prunes      |
| Strawberries | Orange      |
| Pear         | Raspberries |
| Raisins      |             |



## ☆☆☆ Vegetables ☆☆☆

(2 grams or more fiber per serving, about ½ cup cooked)

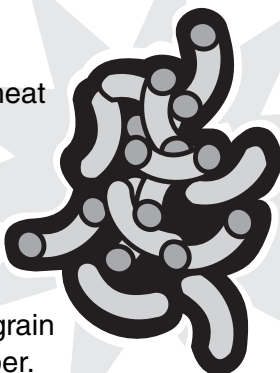
- |          |                  |
|----------|------------------|
| Broccoli | Peas             |
| Carrots  | Brussel sprouts  |
| Corn     | Potato with skin |
| Spinach  |                  |

## ☆☆☆ Grains ☆☆☆

(1 gram or more fiber per serving, about 1 ounce)

- |                   |               |
|-------------------|---------------|
| Whole Wheat       | Rye           |
| Pumpernickel      | Cracked wheat |
| Bran muffins      | Brown rice    |
| Whole-wheat pasta |               |

Breakfast cereals vary in their fiber content. Read the Nutrition Facts labels to compare your choices. Whole-grain cereals usually are higher in fiber.



## ☆☆☆ Legumes ☆☆☆

(4 grams or more fiber per serving, about ½ cup)

- |              |             |
|--------------|-------------|
| Lentils      | Pinto beans |
| Kidney beans | Dried peas  |
| Lima beans   | Navy beans  |
| Baked beans  | Peanuts     |



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