



## Fiber Intake

Fiber is a nutrient found in plant foods like whole grains, beans, fruits and vegetables.

### Why is it good to eat fiber?

- Helps lower cholesterol
- Fills you up and keeps you full
- May help prevent or improve diabetes
- Reduces risk of heart disease
- Keeps your digestive tract healthy
- Reduces risk of some types of cancer
- May help you lose weight

### Where can I find fiber in foods?

- Whole grains
- Whole grain cereals (list on back)
- Beans and legumes
- Nuts and seeds
- Fruits
- Vegetables

### How much fiber is good to eat each day?

Children 4-8 years: 25 grams

Boys 9-13: 31 grams

Girls 9-13: 26 grams

Boys 14-18: 38 grams

Girls 14-18: 26 grams

Men 19-30: 38 grams

Women 19-30: 25 grams

## 8 WAYS TO GET FIBER EVERYDAY:

- 1: **START SMART:** Eat a breakfast cereal that's high in dietary fiber and low in sugar.
- 2: **GO MAINLY WHOLE GRAIN:** Read ingredient lists on food packages to find "whole grain" and "bran." Choose 100% whole wheat bread products and try whole wheat pasta instead of regular.
- 3: **CART IN a GARDEN:** Increase the number of fruits and vegetables you eat each day. Whole, fresh ones with the skins on pack extra fiber and other nutrients.
- 4: **LEAN on BEANS:** Use beans, naturally rich in fiber and other important nutrients like protein and folate, to make meatless meals. Kidney, black, garbanzo, pinto, or lentils- toss them into a veggie stir-fry, a soup, or on a salad!
- 5: **MUNCH on healthy CRUNCH:** For salty snacks, choose low-fat or natural popcorn or whole grain crackers or pretzels instead of chips. Mix some high-fiber cereal with a small handful of nuts for a homemade trail mix.



- 6: **DOWN some BROWN:** Choose brown rice instead of white and triple the satisfying fiber in every bite! For convenience, use quick-cooking types.
- 7: **Be BERRY MERRY:** Berries like raspberries, blackberries, and blueberries are fruits especially high in fiber. Try adding them fresh or frozen to cereal or to low-fat yogurt for a fruit parfait.
- 8: **THINK to DRINK:** Remember to drink more water as you eat more fiber. The fluid helps your body handle the extra fiber!



## CEREAL

	Serving Size	FIBER (grams)	SUGAR (grams)
Fiber One (General Mills) .....	½ cup	14	0
Fiber One Honey Clusters (General Mills) .....	1 cup	13	6
All-Bran (Kellogg's) .....	½ cup	10	5
Go Lean (Kashi) .....	1 cup	10	6
All-Bran Yogurt Bites (Kellogg's) .....	1 ¼ cup	10	7
Grape-nuts (Post) .....	½ cup	7	4
Shredded Wheat (Post) .....	1 cup	6	0
Whole Grain Flakes (Kashi) .....	1 cup	6	5
Puffins- Cinnamon (Barbara's Bakery) .....	2/3 cup	6	6
Go Lean hot cereal (Kashi) .....	1 packet	5 to 7	6 to 7
Shredded Wheat (Barbara's Bakery) .....	2 biscuits	5	0
Bran Flakes (Post) .....	¾ cup	5	5
Chex- Wheat (General Mills) .....	¾ cup	5	5
Clifford Crunch (Cascadian Farms).....	1 cup	5	6
Heart to Heart (Kashi) .....	¾ cup	5	5
Puffins (Barbara's Bakery) .....	¾ cup	5	5
Quaker Oats (Quaker) .....	½ cup dry	4	2
Wheetabix (Barbara's Bakery) .....	2 biscuits	4	2
Shredded Spoonfuls (Barbara's Bakery) .....	¾ cup	4	5
Complete All- Bran (Kellogg's) .....	¾ cup	4	6
Cheerios (General Mills) .....	1 cup	3	1
Grape-nuts Flakes(Post) .....	¾ cup	3	4
Wheaties (General Mills) .....	¾ cup	3	4
Mighty Bites (Kashi) .....	1 cup	3	5
Total- Whole Grain (General Mills) .....	¾ cup	3	5
Cheerios- Mult-Grain (General Mills) .....	1 cup	3	6
Quaker Instant Oatmeal -Lower Sugar (all flavors)	1 packet	3	4 to 6