

High Fiber

Eating foods high in dietary fiber is good for your health. Fiber is naturally found in whole grain foods, fruits, vegetables, and beans/legumes. It can lower your cholesterol and help you have regular bowel function. Fiber can also slow down the rise in blood glucose in people who have diabetes.

Tips for Increasing Daily Fiber In Your Diet

- Choose whole grain breads, cereals, crackers, rice, and pasta.
 - Look for the word “whole grain” listed first on the ingredient list.
- Eat more fruits and vegetables (with skin).
- Sprinkle high fiber cereal, flax meal or wheat germ on yogurt.
- Add berries to a bowl of cereal.
- Replace juice with a whole piece of fruit.
- Choose dark green leafy vegetables like spinach in place of iceberg lettuce.
- Add beans to salads, soups, tacos, or dips. Slowly increase the amount of fiber you eat each day. Add about 3-5 grams per day to prevent bloating or gas.
- Drink more caffeine-free fluids each day. This will help prevent constipation or stomach pain from increased fiber intake.
- Compare food labels of similar foods to find higher fiber choices.

Two Different Kinds of Fiber

- **Soluble fiber** has been shown to lower cholesterol and the risk of heart disease. Soluble fiber also helps control blood glucose levels in people with diabetes. Foods high in soluble fiber slow the passage of food through your digestive tract. *Good sources include oats, oat bran, brown rice, barley, beans, seeds, apples and citrus fruits.*
- **Insoluble fiber** promotes regular bowel function and helps prevent constipation by moving food through your digestive tract. It may also help prevent colon cancer. *Good sources include wheat bran, wheat, corn, whole grains, skins of fruits and vegetables and leafy greens.*

How Much Fiber Do I Need?

- The table below gives you an estimate of the amount of fiber children should eat each day.

Gender/Age	Fiber(grams)/day
1-3 years(Female & Male)	19
4-8 years (Female & Male)	25
9 – 13 years - Female	26
9 – 13 years - Male	31
14-18 years – Female	26
14-18 years – Male	38

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Foods Sources for Fiber

Food	Serving size	Total Fiber(grams)
Grains		
Whole wheat English muffin	1 each	4.4
Whole wheat bread	1 slice	2.0
Whole wheat spaghetti, cooked	½ cup	3.2
Bran cereal	¾ cup	4-9
Brown rice, cooked	½ cup	1.8
Popcorn, air-popped	1 cup	1.2
Vegetables		
Broccoli, cooked(fresh)	½ cup	2.5
Peas cooked (frozen)	½ cup	4.4
Spinach, cooked (frozen)	½ cup	3.5
Sweet Potato with skin	1 medium	3.8
Corn, cooked (canned or frozen)	½ cup	2.1
Fruits		
Pear, raw	1 medium	5.1
Apple with skin, raw	1 medium	3.3
Orange, raw	1 medium	3.1
Banana	1 medium	3.1
Legumes		
Kidney beans, cooked	½ cup	6.9
Lentils, cooked	½ cup	7.8
Pinto beans, cooked	½ cup	7.7

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