







## SIMPLE SWAPS ADD FIBER TO YOUR DAY

Here are 5 simple swaps for getting adequate amounts of fiber each day:

1. Choose brown rice and whole-grain foods instead of white rice, white bread and white pasta.
2. Eat whole fruits instead of drinking fruit juices.
3. Choose whole-grain cereals or oatmeal over more processed breakfast foods.
4. Eat raw vegetables for snacks instead of crackers, chips or candy.
5. Replace meat with beans 2-3 times a week in soups, casseroles and salads.

## BULK UP YOUR DIET WITH FIBER

Adults need 20 to 35 grams of fiber each day, but most only get 10 to 15 grams. Below is a list of foods and the grams (g) of fiber per serving.

Navy beans, cooked, ½ cup . . . . .	9.5g
Bran cereal, ½ cup . . . . .	8.8g
Kidney beans, cooked, ½ cup . . . . .	8.2g
Black-eyed peas, cooked, ½ cup . . . . .	5.6g
Sweet potato, baked with skin . . . . .	4.8g
Potato, baked with skin . . . . .	3.8g
Apple with skin, raw, medium . . . . .	3.3g
Banana, medium . . . . .	3.1g
Orange, raw, medium . . . . .	3.1g
Collards, cooked, ½ cup . . . . .	2.7g

