RIGHT BITE

GETTING ENOUGH FIBER | FCS362

YOUR NEWSLETTER FOR BETTER EATING





WHAT IS FIBER?

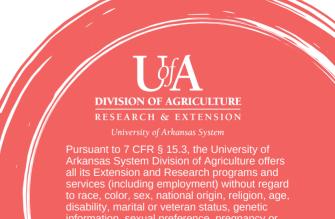
Fiber is found in all plants that are eaten for food, including fruits, vegetables, grains and beans and peas. It is a type of carbohydrate that our bodies can't digest. Animal foods do not have fiber, so you can only get fiber in your diet by eating plant foods.

WHY EAT FIBER?

Fiber is an important part of a healthy diet. It has been shown to reduce the risk of heart disease, diabetes and certain intestinal problems. It also helps to keep you regular!

HOW TO ADD FIBER

Over a few days, increase your water intake as you slowly increase your fiber intake to avoid tummy troubles.



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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

