

# RIGHT BITE

YOUR NEWSLETTER  
FOR BETTER EATING

## GETTING ENOUGH FIBER | FCS362



### 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

