

# Fiber Foods

**Definition of fiber:** Fiber is the part of plants that our bodies cannot digest. However, fiber helps to digest other foods.

## Ways to change your diet to eat more fiber:

- Eat whole grain breads and cereal products
- Eat fruits and raw vegetables or add raw vegetables to regular food fruit dishes.
- Drink up to 64 ounces of water a day -  
    You / your child needs at least \_\_\_\_\_ ounces of water per day.
- Limit intake of processed foods.

## How much fiber is needed:

- To calculate the number of grams of fiber you / your child should eat every day, add 5 grams + 1 gram for each year of age.  
    A calculation example: A 6-year-old = 5 + 6 = 11 grams
- Or as a rule 0.5 grams of fiber / kg. of body weight / day but not to exceed 35 grams fiber / day.

### EXCELLENT SOURCES OF FIBER (More than 4 grams per serving)

1 bran muffin medium size  
½ cup of these cereals - All Bran, Cooked Ralston, Museli, 100% Bran, Fiber One, Bran Chex, Grape Nuts, Wheat Bran, Wheat Germ, Oat Bran, Cracklin Oat Bran, Corn Bran, Bran Buds.  
Grated coconut  
10 blackberries or dates  
5 halves of dry apricots, guavas, figs or prunes.  
1 medium pear  
½ cup of baked beans, beans, peas, cooked  
½ cup cracked wheat

### GOOD SOURCES OF FIBER (2 to 4 grams per serving)

3 rye wafers or 6 whole wheat crackers  
½ cup of these cereals - Puffed Wheat Oatmeal, Shredded Wheat, Raisin Bran, Quaker Oats  
    100%, Most, Bran Flakes, Wheaties  
12-15 1 ounce of almonds or peanuts  
½ medium avocado  
1 medium fruit –apple with peel, banana, lemon, mango, papaya or peach  
½ cup fresh fruit - currants, blueberries, blackberries  
½ cup of cooked lentils  
½ cup cooked brown rice, sweet potatoes or white potatoes with skin