Some facts about Fiber...

Dietary fiber consists of insoluble and soluble fiber.

- Soluble Fibers are gums and pectin's and they are found in apples, oat, beans and psyllium (a grain found in some cereals, supplements and laxatives)
- A diet high in soluble fiber, low in saturated fat and cholesterol may keep blood cholesterol in a range that is healthy by lowering LDL cholesterol (the BAD kind!)
- Insoluble Fibers are in foods like whole grains, wheat bran, and vegetables
- Insoluble Fiber helps your body’s natural elimination.
- Both types of fibers are important in your diet and provide benefits.

Some general steps to have adequate Fiber intake...

- Eat a variety of foods
- Drink PLENTY of fluids (at LEAST 8 cups each day)
- Include a high fiber source at every meal
- Eat 5 servings of fruits and vegetables and 3 servings of whole grain breads, cereals, legumes or beans each day
- Eat the skins on fruits and vegetables

How much fiber do I need?

Americans should eat between 20-35 grams of fiber each day - including both soluble and insoluble fibers. Per the American Dietetic Association, the average American only eats between 12-17 grams each day. For a manufacturer to claim a food as a “high fiber source”, the product must contain 20% of daily value or 5 grams of fiber per serving.

How much fiber do children need?

To calculate the number of grams of fiber you/your child should be eating each day add 5 grams + 1 gram for every year of age.

Example calculation: A 6 year-old should eat 11 grams of fiber per day because 5 grams + 1 gram for each six years = 5 + 6 = 11 grams

OR - as a general rule 0.5 grams of fiber/kg of body weight/day to not exceed 35 grams of fiber/day
4 or more grams per serving:

- ½ cup of all bran cereal, museli, 100% Bran, Fiber One, Bran Chex, Wheat Bran, Cracklin Oat Bran
- 1 medium pear
- ½ cup of baked beans, beans, cooked peas

2-4 grams of fiber per serving:

- 1 slice of whole wheat bread
- ¼ cup of oatmeal
- ¼ cup of broccoli
- 1 medium baked potato with skin
- ½ medium avocado
- 12-15 almonds or 1 oz of peanuts
- 1 medium sized fruit – apple with peel, banana, mango, peach

<2 grams of fiber per serving:

* 2 tablespoons of Peanut butter
* 1 cup popcorn
* ¼ cup of corn
* ¼ cup of white rice

HIGH FIBER RECIPE

CRUNCHY FRUIT AND YOGURT – makes 6 servings

- 3 tablespoons firmly packed light brown sugar
- 2 tablespoons of margarine
- ¼ cup 100% bran cereal
- 3 tablespoons finely chopped pecans
- 1 medium orange, chopped
- 1 medium apple, chopped
- ¼ cup seedless raisins
- 1 medium banana, sliced
- 1 cup plain nonfat yogurt

Over medium heat, in a small saucepan:

- melt margarine in a pan over low heat
- cook sugar and margarine until melted and thoroughly combined
- stir in bran and pecans, tossing to coat well
- cool
- before serving, combine apple, orange, banana, and raisins
- spoon into 6 serving bowls and top with bran mixture and yogurt
- serve immediately!

Nutrient analysis: 210 calories/serving, 5.5 grams of protein, 5.2 grams of fiber, 6.5 grams of fat