

What's up with FIBER??

Fiber is still NOT one of the basic food groups, but has clearly become a dietary icon! High Fiber diets have been recommended (NOT proven) to decrease risks of cardiovascular disease and some kinds of cancer. Researchers have demonstrated that Fiber can decrease the risks of heart disease, hypertension, non-insulin dependent diabetes and diverticulitis.



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 12-17grams 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



FOOD SOURCES OF FIBER

4 or more grams per serving:

- $\frac{1}{2}$ cup of all bran cereal, museli, 100% Bran, Fiber One, Bran Chex, Wheat Bran, Cracklin Oat Bran
- 1 medium pear
- $\frac{1}{2}$ cup of baked beans, beans, cooked peas

2-4 grams of fiber per serving:

- 1 slice of whole wheat bread
- $\frac{3}{4}$ cup of oatmeal
- $\frac{1}{2}$ cup of broccoli
- 1 medium baked potato with skin
- $\frac{1}{2}$ 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
- * $\frac{1}{2}$ cup of corn
- * $\frac{1}{2}$ cup of white rice

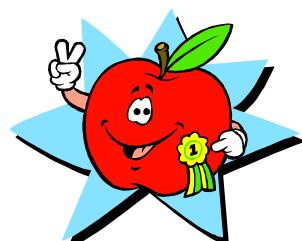
HIGH FIBER RECIPE

CRUNCHY FRUIT AND YOGURT - makes 6 servings

- 3 tablespoons firmly packed light brown sugar
- 2 tablespoons of margarine
- $\frac{3}{4}$ cup 100% bran cereal
- 3 tablespoons finely chopped pecans
- 1 medium orange, chopped
- 1 medium apple, chopped
- $\frac{1}{2}$ 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