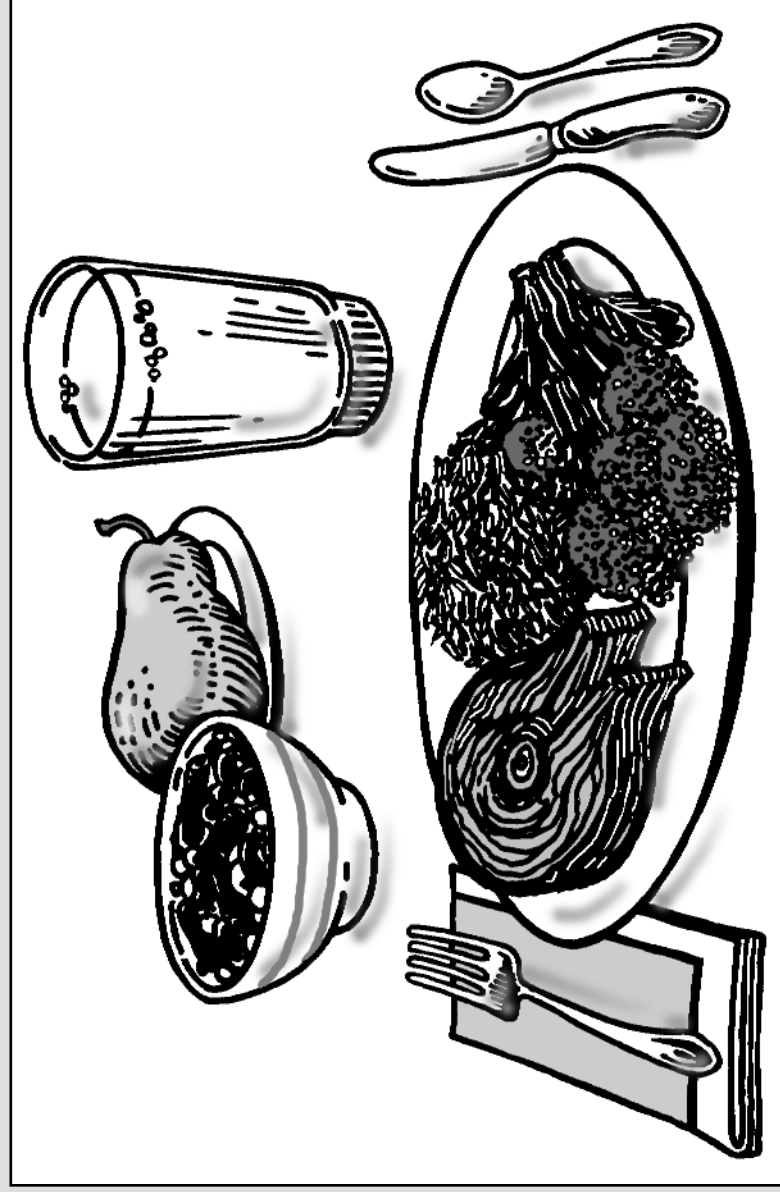


FIBER

What is Fiber?

Fiber is the part of plants that the body cannot digest easily. Fiber is found in fruits, vegetables, grains, nuts, seeds, dried beans, split peas and lentils. There is no dietary fiber in meat or dairy products.

Fiber includes the cell walls of plants (cellulose) and other substances found in plants such as pectin and gums.



Fiber is important for health. A high fiber diet may lower your risks for certain cancers, heart disease and even obesity. The diets of most Americans contain, on the average, about 10 grams of fiber. Try to choose foods that will add up to 20 to 30 grams of fiber per day. Use the chart inside to help you figure the amount of fiber in foods. Remember that a diet too high in fiber (more than 35 grams per day) is not recommended.

Fiber is the same as other nutrients—some is needed but too little or too much can unbalance your diet.



University of
Connecticut

COOPERATIVE EXTENSION SYSTEM
College of Agriculture and Natural Resources

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Ways to Add Fiber to Your Diet

- Add sliced fresh fruit to cereal, yogurt or cottage cheese. Use fresh fruit slices instead of jelly on peanut butter sandwiches.
- Use whole wheat or rye bread in place of white bread. Choose whole grain crackers in place of saltines or snack crackers.
- Use fresh fruit and vegetables every day. Instead of potato chips, try raw broccoli, cauliflower, carrots and green pepper with dips. Fresh fruit in season is a great snack or dessert.
- Use more beans and peas in meals. Try split pea or lentil soup, brown rice and beans, or chili. Use cooked or canned dried beans in salads and casseroles.
- Use whole wheat flour in place of all or part of the white flour in recipes.
- Choose whole grain cereals for breakfast in place of refined, sugary cereals.
- Eat potatoes with the skin.
- When you cook vegetables, steam or stir fry until tender but still crisp.
- Use sunflower seeds, sesame seeds or wheat germ for toppings on casseroles or to add to baked goods such as quick breads and cookies. Use them when you make meatloaf, and use rolled oats in place of bread crumbs.

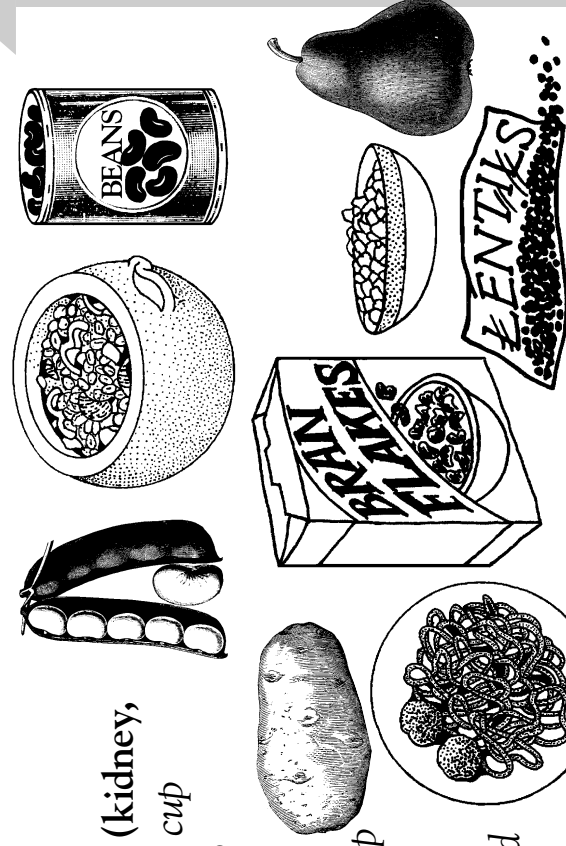


WHAT'S YOUR FIBER SCORE?

Most people in the United States do not eat enough fiber for health. To get your fiber score up to 20 or 30 grams of fiber per day, try eating more fresh fruits and vegetables, whole grains, dried beans, split peas, and lentils. Meats and dairy products do not contain fiber. Remember that more than 35 grams of fiber per day is too much for most people.

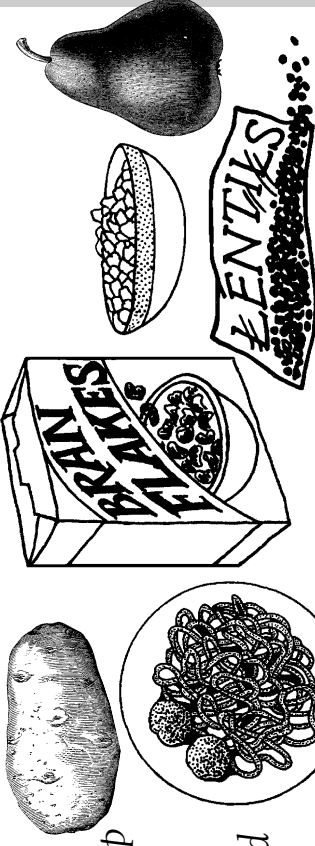
Eat up to 20 or 30 grams of fiber each day.

100% Bran Cereals, 1 ounce
Cooked or Canned Dried Beans (kidney, pinto, garbanzo, navy), 1/2 cup
Vegetarian Baked Beans, 1/2 cup



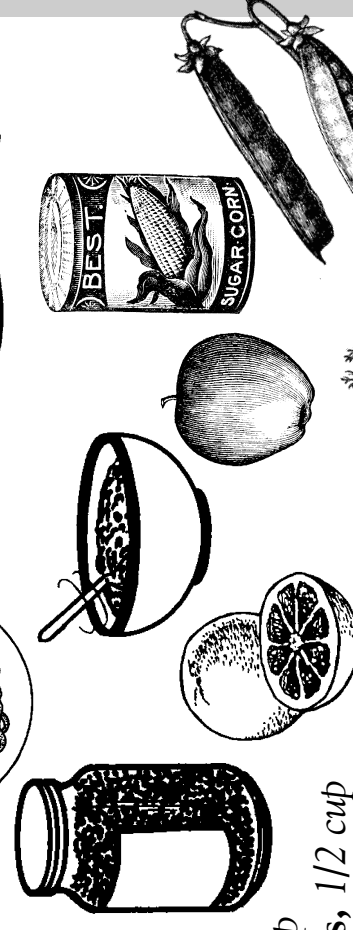
7 to 10 Grams per serving

Baked Potato with Skin, one
Bran Flakes with Raisins, 3/4 cup
Dried Figs or Prunes, 1/4 cup
Fresh Pear, one
Whole Wheat Pasta, 1 cup cooked
Lentils, 1/2 cup cooked



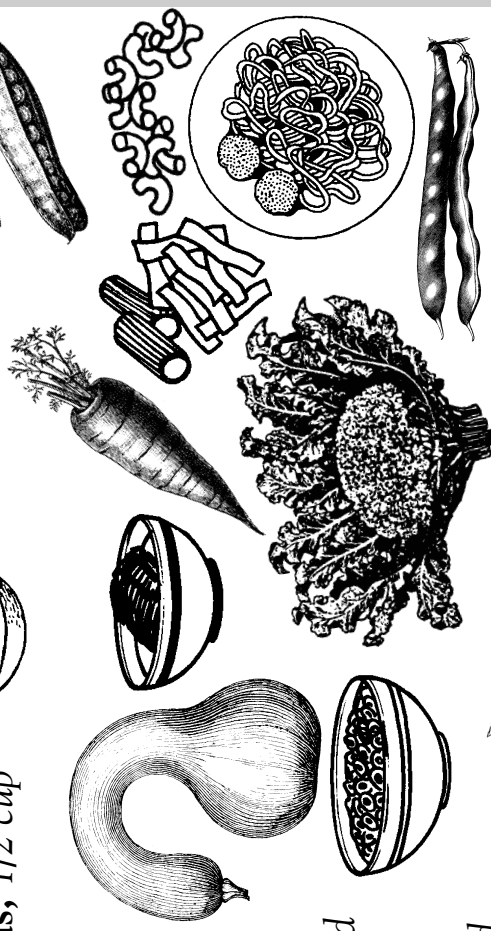
4 to 6.9 Grams per serving

Wheatgerm, 1/4 cup
Orange, one
Cooked Oatmeal, 3/4 cup
Apple with Skin, one
Cooked Sweetpotato, 1/2 cup
Cooked Corn or Green Peas, 1/2 cup



3 to 3.9 Grams per serving

Winter Squash, 1/2 cup
Shredded Wheat, 1 biscuit
Sunflower Seeds, 1/4 cup
Raw Carrot, 1 carrot
Regular Spaghetti or Macaroni, 1 cup cooked
Toasted Oat Cereal, 1 cup
Broccoli, 1/2 cup cooked
Green Beans, 1/2 cup cooked



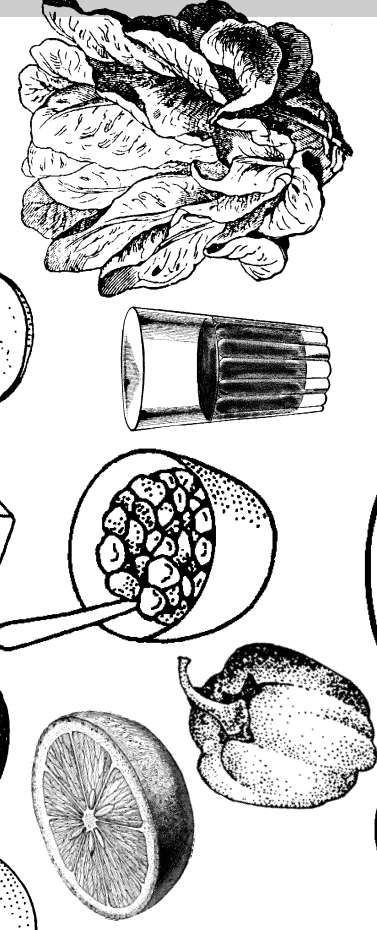
2 to 2.9 Grams per serving

Spinach, 1/2 cup cooked
Strawberries, 1/2 cup fresh
Peanut Butter, 2 Tablespoons
Whole Wheat, Oat or Rye Bread, 1 slice
Banana, 1 medium
Brown Rice, 1/2 cup cooked
Tomato, 1 raw
Cabbage, 1/2 cup raw
Plain Bagel, one
Popcorn, plain, 1 cup



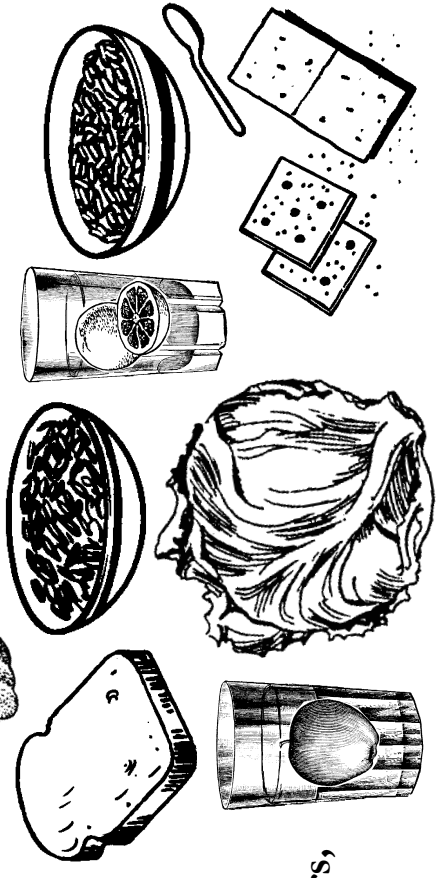
1 to 1.9 Grams per serving

Grapefruit, 1/2
Green Pepper, 1/2 raw pepper
Corn Flakes, 1 cup
Grape Juice, 1/2 cup
Romaine Lettuce, 1/2 cup



0.5 to 0.9 Grams per serving

White Bread, 1 slice
White Rice, 1/2 cup cooked
Orange Juice, 3/4 cup
Crispy Rice Cereal, 1 cup
Apple Juice, 3/4 cup
Iceberg Lettuce, 1/2 cup
Saltines or Graham Crackers, 2 crackers



Less than 0.5 Grams per serving