

FILLING UP ON FIBER

The importance of a diet high in fiber has been well documented. Dietary fiber helps maintain a healthy GI tract, and it is also effective at reducing cholesterol levels and protecting against certain types of cancer. Dietary fiber is a part of carbohydrate that the human body is not able to digest. Because of that, dietary fiber acts like a sponge as it goes through the GI tract taking cholesterol and other residue with it as it goes. Fiber also helps keep us feeling full and satisfied without added calories.

The Basics:

There are 2 types of dietary fiber, **soluble** and **insoluble** fiber. Both types of fiber should be included in your diet everyday.

- Soluble : 6-12 grams per day is GOAL
 - lowers cholesterol
 - lowers risk for heart disease
 - lowers blood sugar levels
 - Sources:
 - beans, oats, legumes, corn, apples, pears, plums, broccoli, cauliflower, onions, carrots, banana, grapes, raisins



- Insoluble: 20-35 grams per day is GOAL
 - prevents constipation
 - prevents colon cancer
 - Sources:
 - wheat, wheat bran, assorted fruits and vegetables



Getting Started:

- Adults need 25-35 grams of fiber each day.
- To calculate your child's daily fiber intake goal simply add five to your child's age. For example: 3 yrs + 5 = 8 grams of daily fiber.
- Add fiber with extra water to the diet slowly until you reach your intake goal.
- Begin with Breakfast when adding fiber to your diet.
 - Choose breads with at least 2 g fiber/slice
 - Choose cereals with at least 3 g fiber/serving. Good kid's cereals that are high in fiber include:
 - Quaker Crunchy Corn Bran, Kashi Mighty Bites, Kashi Go Lean Crunch, and Oatmeal.
- Simple ways to add fiber at lunch include:
 - Higher fiber bread including Iron Kids and Wonder Wheat
 - Fruits and Vegetables
 - Send low-fat popcorn instead of potato chips. 1 cup of popcorn adds 3 grams of fiber and kids love it.
- Use side dishes to add fiber at dinner time.
 - Brown rice, baked potato or sweet potato with the skin can add 2-3 grams of fiber.
 - 3 bean salad or other bean dishes can add 4 grams of fiber per ½ cup serving.

