

GET YOUR DAILY FILL OF FIBER

WHAT IS IT?

Part of plant foods that your body cannot digest which helps:

- Control blood sugars
- Manage hunger levels
- Lower cholesterol
- Keep digestion regular

DAILY RECOMMENDATIONS

ADULTS: 25-30 GRAMS

CHILDREN: AGE + 5 GRAMS

For example, a 3 year old should get 8 grams daily

HIGH FIBER FOODS:

Whole grains:

- Brown rice
- Whole wheat (bread, pasta, flour)
- Barley
- Bulgur
- Quinoa
- Oats



Fruits:

- Berries
- Apples
- Pears
- Plums and Prunes
- Apricots
- Oranges
- Bananas
- Dates
- Kiwi



Vegetables:

- Brussels sprouts
- Broccoli
- Cauliflower
- Green beans
- Potatoes (especially the skin!)
- Tomatoes
- Winter squash
- Frozen green peas
- Artichokes
- Carrots
- Corn



Legumes:

- Beans (kidney, black, pinto, navy, white)
- Canned chickpeas
- Lentils
- Soybeans
- Lima beans
- Split peas



Nuts*:

- Almonds
- Pistachios
- Pecans
- Walnuts
- Peanuts



*Beware of choking risk for children under 5 years old

EASY WAYS TO GET MORE FIBER:

- Start your day with oatmeal or bran cereal
- Switch to whole grain bread, pasta, or rice
- Add beans, peas, lentils to soups or salads (Replace 1/4 or 1/2 the meat in a recipe with a can of beans)
- Eat a fruit or vegetable at each meal and snack
- Look for foods with at least 4g fiber per serving on the nutrition label

