Get your Daily Fill of Fiber

Information adapted from Dietary Guidelines for Americans 2020-2025

What is it?
Part of plant foods that your body cannot digest which helps:
- Control blood sugars
- Manage hunger levels
- Lower cholesterol
- Can help prevent constipation

Daily Recommendations:
- Adults: 25-30 grams
- Kids: age + 5 grams
  For example, a 3 year old should get 8 grams daily

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

High Fiber Foods

<table>
<thead>
<tr>
<th>Vegetables:</th>
<th>Whole Grains</th>
<th>Legumes:</th>
<th>Nuts*:</th>
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</thead>
<tbody>
<tr>
<td>Brussels sprouts</td>
<td>Brown rice</td>
<td>Beans (kidney, black, pinto, navy, white)</td>
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<tr>
<td>Broccoli</td>
<td>Whole wheat (bread, pasta, flour)</td>
<td>Canned chickpeas</td>
<td>Almonds</td>
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<tr>
<td>Cauliflower</td>
<td>Barley</td>
<td>Lentils</td>
<td>Pistachios</td>
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<td>Green beans</td>
<td>Bulgur</td>
<td>Soybeans</td>
<td>Pecans</td>
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<tr>
<td>Potatoes (especially the skin!)</td>
<td>Quinoa</td>
<td>Lima beans</td>
<td>Walnuts</td>
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<tr>
<td>Tomatoes</td>
<td>Oats</td>
<td>Split peas</td>
<td>Peanuts</td>
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<tr>
<td>Winter squash</td>
<td></td>
<td></td>
<td>*Beware of choking risk for children under 5 years old</td>
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<td>Frozen green peas</td>
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<td>Artichokes</td>
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<td>Carrots</td>
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<td>Corn</td>
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Fruits:
- Berries
- Apples
- Pears
- Plums and Prunes
- Oranges
- Dates
- Kiwi

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Updated March '22
Ingredients

- 2 Tbsp olive oil
- 1 lb beef roast, trimmed of fat & cut into 1” cubes
- 1/8 tsp salt
- 1/4 tsp pepper
- 1 yellow onion, diced*
- 3 stalks celery, diced*
- 3 medium carrots, diced*
- 2-4 cloves garlic, minced*
- 1 Tbsp Italian seasoning

- 1/2 cup tomato sauce (or crushed tomatoes)*
- 2 Tbsp tomato paste*
- 8 cups low-sodium beef broth
- 3 medium potatoes, peeled & diced into 1” cubes*
- 1/2 cup pearl barley
- 1 can pinto beans, drained & rinsed*
- 1/2 cup frozen corn*
- 1/2 cup frozen peas*

*Indicates WIC food

Directions

1. Heat oil in large nonstick pot over medium-high heat. Add cubed beef roast, salt and pepper, and brown.
2. Sauté the onion, celery, and carrots with the browned meat until softened.
3. Add garlic and Italian seasoning; sauté until fragrant.
4. Add tomato sauce, tomato paste, and broth; cover and cook 25 minutes.
5. Add potatoes and barley to boiling pot; cover and cook 25 more minutes.
6. Add beans, corn and peas; cook 10 minutes or until liquid is reduced to desired thickness.
7. Serve and enjoy!

Tip: Add beans, peas, lentils to soups for added fiber, flavor, and texture (Replace 1/4 or 1/2 the meat in a recipe with a can of beans)

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Beef, Barley, & Bean Soup
Recipe adapted from One Pot Recipes at: https://onepotrecipes.com/beef-barley-soup-recipe/

10 min prep time 75 min cook time Makes 4 servings

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