

# 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

### Vegetables:

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

### Whole Grains

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

### Fruits

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

### 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



# 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

## 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

## 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!

