

focus on fiber



**Experts agree...
fiber is an important
part of any healthy diet.**

Americans over the age of 4 should be getting at least 25 grams each day, yet most don't even reach half of this recommendation. Help close the fiber gap, and eat more fiber!

What is fiber?

Fiber is the part of plant foods that your body cannot digest. You can find fiber in foods such as whole grains, fruits, vegetables, legumes, and nuts.

There are two main types of fiber – soluble and insoluble. Both have important health benefits.

How much fiber do I need?

CHILDREN		
1-3 years	Boys & Girls	19 grams/day
4-8 years	Boys & Girls	25 grams/day
9-13 years	Boys	31 grams/day
	Girls	26 grams/day
14-18 years	Boys	38 grams/day
	Girls	26 grams/day

ADULTS		
19-50 years	Men	38 grams/day
	Women	25 grams/day
> 50 years	Men	30 grams/day
	Women	21 grams/day

Institute of Medicine: Total Fiber Recommendations (Check with your health care provider to determine your individual fiber needs)



Fiber Up for your Health

Digestive health

Fiber, most notable insoluble fiber, helps promote regularity. Start slowly and gradually increase your fiber intake. Plus, make sure to increase your intake of fluids as you eat more fiber to help keep your digestive system running smoothly.

Heart health

Heart health and good nutrition go hand-in-hand. The American Heart Association recommends a healthy diet that includes fiber-containing foods such as fruits and vegetables, grains, and legumes. As part of your heart healthy diet low in saturated fat and cholesterol, fiber, specifically soluble fiber, may help lower your cholesterol to help keep your heart healthy.

Cancer

The American Cancer Society emphasizes a healthy lifestyle to help reduce your risk for cancer. This healthy lifestyle includes good nutrition, physical activity, and maintaining a healthy body weight. A low-fat, healthy diet rich in fiber-containing grain products, fruits, and vegetables may help decrease your risk for some types of cancers.

Diabetes

Whether you have diabetes or you're at risk for developing diabetes, make sure fiber is a part of your healthy meal plan. Research suggests that diets high in whole grains and dietary fiber may reduce the risk for developing diabetes. And, some studies indicate an effect of fiber on blood glucose control.

Weight management

Are you trying to lose weight? Fiber is an important part of any healthy diet, but did you know that some research suggests that people who have a higher intake of fiber tend to have a healthier body weight? Fiber may help to curb your hunger to keep you fuller. This may help you stick to your weight loss plan!

Get the healthy benefits of fiber by choosing a variety of grains, fruits, vegetables, beans and legumes!



©2004, General Mills

Permission is granted to health professional to reproduce for nonprofit educational purposes. Any changes, alterations, additions, revisions or modifications are strictly prohibited without the prior written consent of General Mills.

FOOD	SERVING SIZE	TOTAL FIBER (grams)
GRAINS - CEREALS		
Fiber One®	1/2 cup	14
Cheerios®	1 cup	3
Oatmeal, cooked	1/2 cup	2
Oatmeal Crisp® Raisin	1 cup	4
Wheat Chex®	1 cup	5
GRAINS - BREAD		
Rye Bread	1 slice	1.5
White Bread	1 slice	0.5
Whole Wheat Bread	1 slice	2
GRAINS - RICE, PASTA		
Brown Rice, long grain cooked	1/2 cup	2
Macaroni, cooked	1/2 cup	1
Macaroni, whole wheat, cooked	1/2 cup	2
Wild Rice, cooked	1/2 cup	1.5
FRUITS		
Apple, with skin	1 medium	3.5
Apple, without skin	1 medium	2.5
Banana	1 medium	3
Orange	1 medium	3
Pear	1 medium	4
Prunes	1/2 cup	6
VEGETABLES		
Beans, green, cooked	1/2 cup	2
Broccoli, cooked	1/2 cup	1.5
Brussels Sprouts, cooked	1/2 cup	4.5
Carrots	1/2 cup	2
Collard Greens, cooked	1 cup	5.5
Peas, sweet, cooked	1/2 cup	4.5
Potato, with skin, baked	1 medium	3
Soybeans, green, cooked	1/2 cup	4
Squash, butternut, cooked	1/2 cup	1.5
Sweet Potato, with skin, baked	1/2 cup	4
Tomato, fresh	1/2 cup	1
DRIED BEANS, PEAS, LEGUMES, NUTS		
Almonds, roasted with skin	1/3 cup	5
Chickpeas	1/2 cup	6
Kidney Beans	1/2 cup	6
Lentils	1/2 cup	8
Pinto Beans	1/2 cup	7
Soynuts, roasted	1/4 cup	8
Sunflower Seeds	1/4 cup	3.5