

Fiber: Are you eating enough?

How much fiber do you need?

- Most adults need at least 25 grams of fiber each day. It can be hard to know if you are eating enough fiber. These tips can help.
 - Choose at least 3 servings of whole grains each day.
 - Eat beans at least 2 or 3 times per week.
 - Eat whole fruits and vegetables with their skins.



Why is fiber good for you?

- Keeps you regular and prevents constipation.
- Makes you feel full, so you don't overeat.
- Helps lower cholesterol.
- Helps control blood sugar.

Fiber-Rich Foods

Beans, fruits, vegetables, whole grains, nuts and seeds all have fiber. Here are some examples of foods that you can choose if you are trying to eat more fiber.

Beans

- Black beans
- Kidney beans
- Lentils
- Lima beans
- Split peas



Whole Grains

- Bran cereal
- Brown rice
- Oatmeal
- Popcorn
- Whole wheat bread



Fruits

- Apples with skin
- Bananas
- Oranges
- Pears with skin
- Strawberries



Veggies

- Broccoli
- Green Beans
- Spinach
- Sweet potatoes
- Pumpkins



Other Tips for Finding Fiber

- Check food labels and choose foods with at least 2 grams of fiber per serving.
- Try peanuts, cashews, pumpkin or sunflower seeds for a high fiber snack.
- Meat, chicken, fish, eggs and milk do not have fiber.
- Most fruit and vegetable juices have little or no fiber.