

NUTRITION TO GO

Are You Getting Enough Fiber?

Fiber is found in many foods, such as fruits, vegetables, beans, grains, nuts, and seeds. Fiber cannot be broken down by your body, but is important for keeping you healthy.

Types of fiber and what they do:

- **Soluble fiber** is like a sponge. It helps lower your blood cholesterol. It can also help control your blood sugar by slowing how fast you digest your food.
- **Insoluble fiber** is like a brush. It helps to keep waste moving through your body. It helps to decrease constipation and lowers risk of colon cancer.

Both types of fiber are important and help keep you full for longer!

How much do you need each day?*

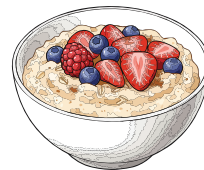
- Men 51 years old or older need about 28 grams each day
- Women 51 years old or older need about 22 grams each day

**When you start eating more fiber, add a little at a time and be sure to drink a lot of water.*

Soluble Fiber Foods:

Oats & Oatmeal

Fruit



Beans & Lentils

Flaxseeds

Insoluble Fiber Foods:

Wheat & Whole Grains

Nuts & Seeds



Skin of Fruits & Vegetables

Reading the Nutrition Facts Label

How much dietary fiber is in this recipe?

How to find dietary fiber on the label:

1

On the Nutrition Facts label look for "**Dietary Fiber**".

2

Find the **grams of fiber** in one serving (next to "Dietary Fiber").

If the amount of fiber is:

- 3 grams or more per serving = good source of fiber
- 5 grams or more per serving = excellent source of fiber

There are 10 grams of fiber in one serving of this recipe, so it is an excellent source!

3

Look at the **% Daily Value (%DV)** to the right of "Dietary Fiber". If the dietary fiber %DV is:

- 5% or less = low in fiber
- 20% or more = high in fiber

This recipe is high in dietary fiber because the %DV is above 20%.

