



FIBER- Part of a Healthy Eating Plan



Eating foods that are high in fiber is a way to lower your cholesterol and is part of healthy eating. Fiber is only found in plant foods, not in dairy or meat foods. Good sources of fiber are legumes, oat products, fruits, and vegetables.

The recommended amount of fiber is:

19 grams per day for children 1-3 years

25 grams per day for children 4-8 years

Up to 38 grams for children 9-18 years

Remember that foods with 3 grams of fiber per serving is a "good source"

And foods with 5 grams of fiber per serving is an "excellent source"

The amount of fiber in some foods

Air Popped popcorn, 3 cups: 4 grams

Whole Wheat Bread, 1 slice: 3 grams

Multi-Grain Cheerios, 1 cup: 3 grams

Chex Multi Bran Cereal, 1 cup: 7 grams

Oatmeal, 1 instant packet: 3 grams

Strawberries, 1 cup: 3 grams

Apple with Skin, 1 medium: 3 grams

Banana, 1 medium: 3 grams

Baked Potato with Skin, 1 medium: 4 grams

Cooked Broccoli, 1/2cup: 3 grams

Cooked Carrots, 1/2cup: 3 grams

Crunchy Peanut Butter, 2 Tablespoons: 2-3 grams

Here are some fun ways to eat more fiber:

- Spread crunchy peanut butter on apple slices (leave the peel on)
- Mix a high fiber cereal like Crunchy Corn Bran or Bran Chex with a lower fiber cereal like Cheerios or Kix
- Make a trail mix with higher fiber cereal (see above), dried fruits, nuts and sunflower seeds
- Make low fat popcorn balls with dried fruits and nuts
- Raw broccoli, carrots, celery and green peppers dipped in low fat ranch dressing or bean dip
- Dip apple slices (leave peel on), peach slices, and cantaloupe in low fat vanilla yogurt - by itself or mixed with low fat granola
- Make vegetable or fruit "kabobs" on popsicle sticks
- Spread crunchy peanut butter on a multi-grain "light" English Muffin or whole wheat bread
- Make a quesadilla with low fat cheese and beans on a whole wheat tortilla
- Top oatmeal with raisins