






Health & Nutrition Tips

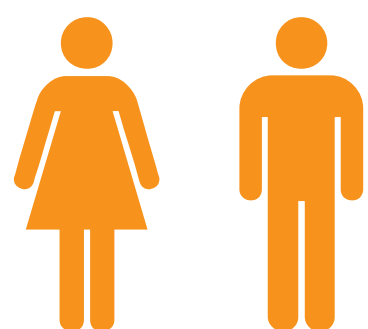
FABULOUS FIBER

Are You Eating Enough?

	1 Cup Black Beans	16 grams
	1 Cup Green Peas	8 grams
	1 Cup Sweet Potato	5 grams
	1 Medium Apple	5 grams
	1 Cup Oatmeal, Any	4 grams
	1 Cup Carrots	4 grams

Check the Nutrition Facts

Amount/Serving	% Daily Value
Total Carb. 15g	5%
Dietary fiber 3g	11%
Sugars 0g	
Protein 4g	5%



28 grams for women
35 grams for men



19-31 grams for kids
depending on age and sex

Choose foods with at least
2 grams of fiber per serving

Tips for choosing more fiber

- ✓ Try raw veggies or nuts
- ✓ Choose whole fruit over fruit juices
- ✓ Eat beans several times a week
- ✓ Choose whole grains like, brown rice, whole wheat bread, and oatmeal.

Why is fiber good for you?

- Helps you feel full and absorbs vital nutrients
- Helps control blood sugar and lower cholesterol
- Keeps you regular and prevents constipation

Visit ChooseMyPlate.gov and click on Daily Food Plans to find your recommended daily servings of these groups based on your age, sex, weight, height and physical activity.