

Fiber

Fiber is Your Friend

- Fiber helps you digest.
- Fiber helps food move through your body.
- Fiber prevents constipation.

Getting More Fiber

Most Americans get only about half of the fiber we need. The best way to add fiber is to eat more fruits, vegetables, beans and whole grains. Adding a lot of fiber to your diet quickly can result in gas or diarrhea. So, build the fiber in your diet slowly.

Some people also take fiber supplements like Metamucil. These supplements can help relieve constipation. If you are thinking about a supplement be aware:

- They can cause bloating, diarrhea and gas
- They can interfere with medication. So ask your doctor first.
- Eating more fiber in foods may be a better idea.

Find the Fiber

You need 25 to 30 grams of fiber each day. Want to know how much fiber is in your food? Look at the new food labels. They give the amount of dietary fiber. The percentage shows how much of your daily fiber is provided by that food.

Fiber in Foods

15 grams	1 cup red kidney beans
5 grams	1 potato with skin
13 grams	½ cup all bran cereal
3 grams	1 medium apple
4 grams	1 cup broccoli
9 grams	5 dried figs
8 grams	5 dried prunes
1 gram	1 stalk celery
5 grams	½ cup of sweet corn

Which is Your Breakfast?

High Fiber Breakfast

½ cup all bran cereal	13 grams
5 uncooked figs	12 grams
Total:	25 grams

Low Fiber Breakfast

1 cup Cheerios	1 gram
Orange juice	1 gram
Total:	2 grams