

# ABOUT FIBER

Foods that come from plants have parts that your body can't use. These parts are called fiber.

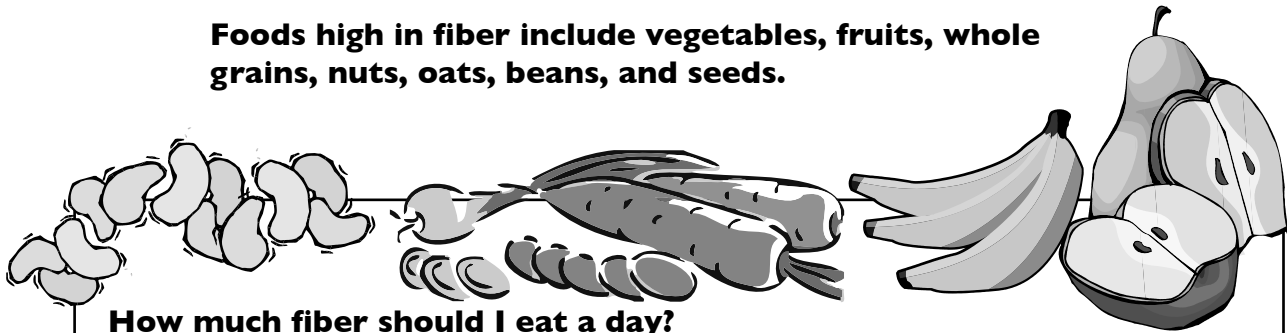
## Why should I eat fiber?

Just as a broom cleans a floor, fiber helps "clean" things out of your body that you don't need or can't use for energy. Eating foods high in fiber can also help you:



- Keep your blood sugar under control after eating
- Lose weight by making you feel full when you eat sooner
- Lower "bad" cholesterol
- Make "going to the bathroom" easier (relieve constipation)

**Foods high in fiber include vegetables, fruits, whole grains, nuts, oats, beans, and seeds.**



## How much fiber should I eat a day?

Adults should try to eat about 25 to 30 grams of fiber a day. Here is an example of one of the many ways to do this:

**BREAKFAST:** ½ cup of high-fiber cereal (10 grams); ¾ cup of raspberries (6 grams)  
**LUNCH:** 2 slices of whole-wheat bread (4 grams); 1 small apple (2 grams)  
**DINNER:** 1 cup of broccoli (5 grams); 1 cup of brown rice (3 grams)

**TOTAL = 30 GRAMS**

## Here are other ways to add fiber to your meals:

- Eat whole-wheat bread instead of white bread
- Eat fruits with the skin instead of drinking fruit juices
- Add berries or nuts to your cereal or yogurt
- Eat fresh or dried fruits for your snack
- Add chickpeas or kidney beans to your rice dishes
- Include vegetables in most meals.



Add fiber to meals slowly. This will help you get used to eating more fiber. Drink lots of water every day. Water helps to keep fiber moving through your body.