Fiber

Fiber is important to your health!



Why should I eat foods with fiber?

Fiber has many benefits. Fiber:

- controls blood sugar levels
- prevents inflammation in your body. Inflammation can lead to disease.
- lowers cholesterol
- helps you avoid constipation (problems pooping)
- makes you feel full, which can help control your weight

Which foods have fiber?

Fruits, vegetables, whole grains, and nuts have fiber.









Fun ways to add fiber to your day:

- 1. Make your own trail mix. Mix any type of fruits, seeds and dried fruit for a healthy snack.
- 2. Eat a handful of berries as a snack.
- 3. Try air popped or lightly buttered popcorn.
- 4. Munch on Triscuits and peanut butter or avocadoes.



How much fiber do I need?

- Most people need about 25-30 grams of fiber a day.
- Eat foods with fiber throughout the day to get all of the fiber you need.
- Slowly add more foods with fiber to your diet until your body is used to it.

Use the chart to find out which foods have fiber and how much you should eat.

Foods rich in fiber	Serving size	Grams of fiber
Avocadoes	1 cup	10
Oatmeal	1/2 cup	4
Kellogg's All Bran Flakes	3/4 cup	20
Cooked black beans	1/2 cup	7.5
Cooked lentils	2/3 cup	10.4
Raspberries	1/2 cup	4
Pear with skin	1 medium	5.2
Prune	1/4 cup	4.6
Quinoa	1 cup	5
Artichokes	1 medium	7
Sliced almonds	1 cup	11
Chia seeds	1 ounce	10
Flax seeds	1 tablespoon	3
Potato with the skin	1 medium	4.4
Brown rice	1/2 cup	3
Broccoli	1 cup	4
Winter squash	1 cup	5.7

Talk to your CHN nutritionist to learn more!

