

THE BOTTOM LINE: EATING UP TO 6-11 SERVINGS

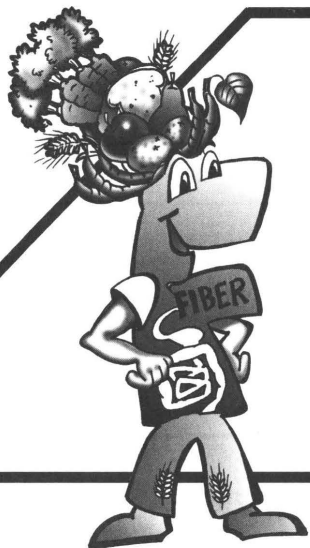
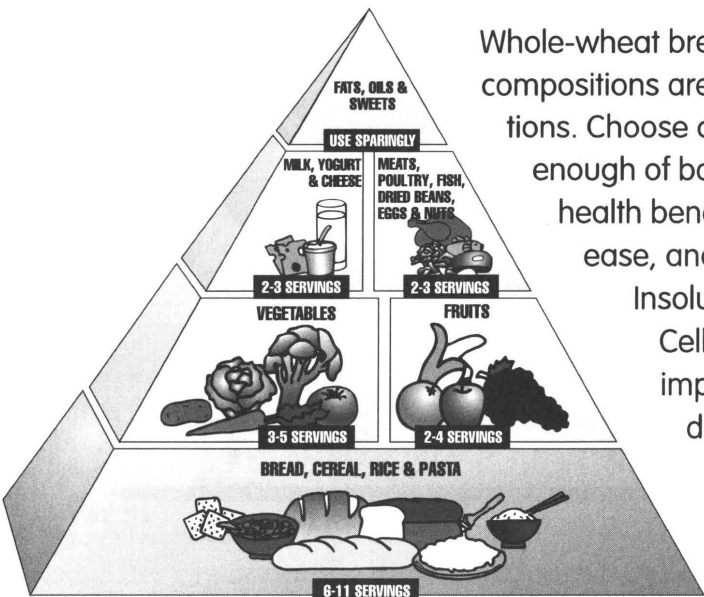
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Whole-wheat bread, oatmeal, apples, and cabbage each contribute fiber or roughage to the diet, but their fiber compositions are different. Most high-fiber foods contain both soluble and insoluble fiber, but in different proportions. Choose a variety of high-fiber foods - - vegetables, fruits, and whole grain products - - in order to get enough of both soluble and insoluble fiber daily. Both types of fiber are important because they have different health benefits. Research continues on the possible effects of dietary fiber against colon cancer, heart disease, and diabetes.

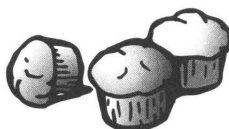
Insoluble fiber produces the tough, chewy texture of wheat bran, whole grains, and vegetables. Cellulose, hemicellulose, and lignin are insoluble fibers. Eating foods containing insoluble fiber is important for proper bowel function and can reduce symptoms of chronic constipation, diverticular disease, and hemorrhoids.

Soluble fiber includes pectin and gum and is found in oats, dry beans and peas, and some fruits and vegetables. Some studies indicate that foods containing soluble fiber may help reduce blood cholesterol levels in some people.



Servings from Grain Products:

- 1 slice of bread
- 1 tortilla
- 1/2 cup of cooked rice
- 1/2 cup of cooked pasta
- 1/2 hamburger roll
- 2 medium cookies
- 2 cups of plain popcorn
- 1 slice of pizza
- 1/2 medium muffin



- 1 ounce of ready-to-eat cereal
- 1/2 cup of cooked cereal
- 1/2 English muffin or bagel
- 3-4 small plain crackers
- 1 - 4" diameter pancake
- 1/2 medium doughnut
- 1/2 cup cooked bulgur, barley, or other whole grain
- 1/2 ounce of crackers, cookies, or pretzels



6 -11 Servings

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Are You Fiber Friendly ?

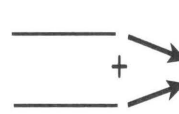
Do you eat enough dietary fiber or "roughage"? Adults need 20-35 grams of dietary fiber each day. Check to see if your favorite foods are giving you enough fiber. Circle the foods that you eat on one typical day. Each Star equals approximately 1 gram of fiber. Add up the number of grams or stars. Remember, two servings of peas will double your fiber from peas.

6 Stars	6 x	=
5 Stars	5 x	=
4 Stars	4 x	=
3 Stars	3 x	=
2 Stars	2 x	=
1 Star	1 x	=
0 Stars	0 x	=
Subtotal of stars (grams)		<input type="text"/>

Bonus Points

- Add 2 points if you ate a 6-Star Cereal
- Add 1 point if you ate 1/2 cup of Dried Beans

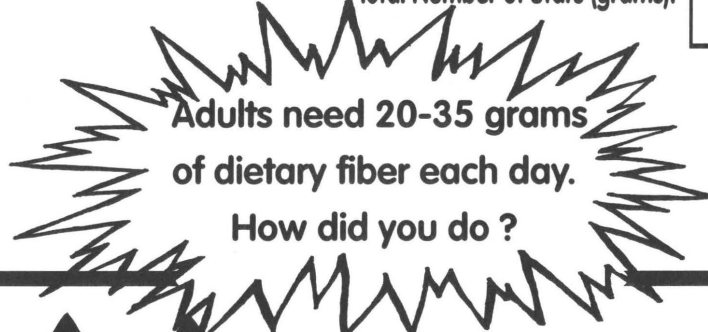
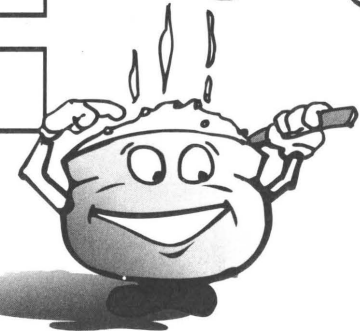
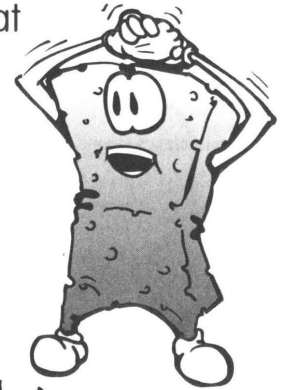
Subtotal of stars (grams)



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Total Number of Stars (grams):

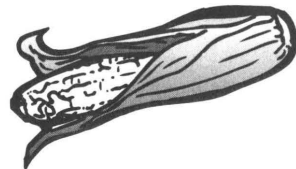


Adults need 20-35 grams of dietary fiber each day.

How did you do ?



= 6 Grams of Fiber or more



Dried Beans, 1/2 cup cooked or canned (Black-eyed, Kidney, Pinto, & Baked Beans)

Lima Beans, 1/2 cup cooked or canned
Cereals: Bran Flakes with Raisins, 1 cup
100% Bran Cereal, 1/3 cup

Corn, 1/2 cup cooked
Dates, 10 whole
Mango, 1 medium, raw



= 5 Grams of Fiber or Less



Cereals: Bran Flakes, 3/4 cup
Shredded Wheat, 1 cup

Lentils, 1/2 cup cooked
Macaroni or Pasta, whole wheat, 1 cup cooked
Pear, 1 raw, medium
Potato, baked with skin, 1 medium



= 4 Grams of Fiber or Less

Apple with skin, 1 large
Barley, pearled, 1/2 cup cooked

Orange, 1 large
Peas, green, 1/2 cup cooked



Sweet Potatoes, 1/2 cup cooked
Wheat Crackers (Triscuit), 7 crackers
Winter Squash, 1/2 cup cooked

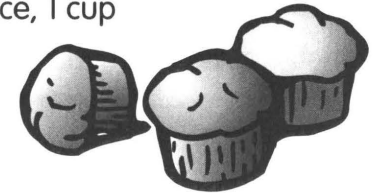
Oatmeal, 1 cup cooked

★★★ = 3 Grams of Fiber or Less

Broccoli, 1/2 cup cooked
Cereals: Cheerios, 1 cup
Total-Whole Grain, 3/4 cup
Wheaties, 1 cup

Chocolate Milk, 1 cup
Muffin: Whole Wheat, 1 medium
Peanuts, 1 ounce or 2 Tbsp.

Spinach, 1/2 cup cooked
Tomato Sauce, 1 cup

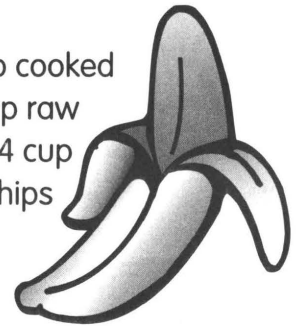
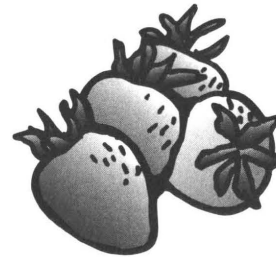


★★ = 2 Grams of Fiber or Less

Apple Sauce, 1/2 cup
Bagel, 1 plain
Banana, 1 medium, raw
Bread: Corn, Pumpernickel, Rye,
or Whole Wheat, 1 slice
Cabbage, 1/2 cup raw or cooked
English Muffin, 1 plain

Fig Cookies, 2
Fruit Cocktail, 1/2 cup
Grapefruit, 1/2 raw, medium
Macaroni or Pasta, regular, 1 cup cooked
Peach, 1 medium, raw
Peanut Butter, 2 Tbsp.

Popcorn, 2 cups plain
Raisins, 2 Tbsp.
Rice, brown, 1/2 cup cooked
Strawberries, 1/2 cup raw
Sunflower Seeds, 1/4 cup
Tortilla Chips, 7-10 chips

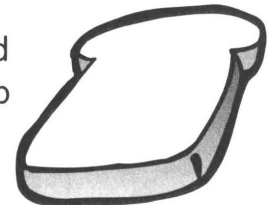


★ = 1 Gram of Fiber or Less

Apricots, 3 dried halves
Biscuit, 1 medium
Bread: white, 1 slice,
Hamburger Bun, 1 medium
Carrot, 1 raw
Celery, 1 stalk
Cereal: Rice Krispies, 1 1/4 cup
Cornflakes, 1 cup

Cherries, 10 raw
Chocolate Chip Cookies, 2
Graham Crackers, 4 squares
Grapes, 10 raw
Green Beans, 1/2 cup cooked
Green Pepper, 1/2 raw
Jelly, 1 Tbsp.
Juices: Apple, Grape, or Orange, 3/4 cup

Kiwifruit, 1 raw peeled
Lettuce, iceberg, 1 cup
Milk Shake, 1 cup
Pudding, 1/2 cup
Rice, white, 1/2 cup cooked
Saltines, 4 crackers
Tomato, 1 raw
Zucchini, 1/2 cup cooked

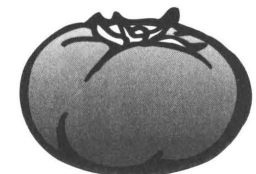


0 Stars = No Fiber

Cheese
Eggs
Fish

Ice Cream
Meats
Milk

Soft Drinks
Yogurt



Disclaimer

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YOU CAN GET ABOUT 20 GRAMS OF DIETARY FIBER IF YOU CHOOSE AT LEAST:

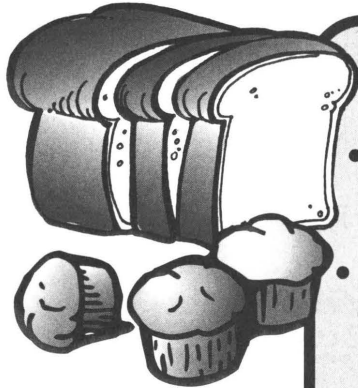
3 Servings a day of Whole-Grain Foods



3 Servings a day of Vegetables

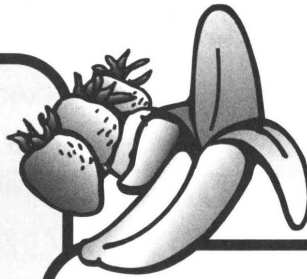
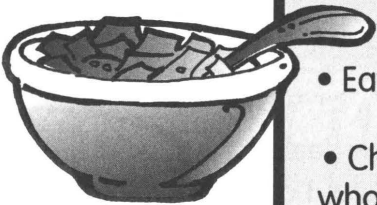


2 Servings a day of Fruits



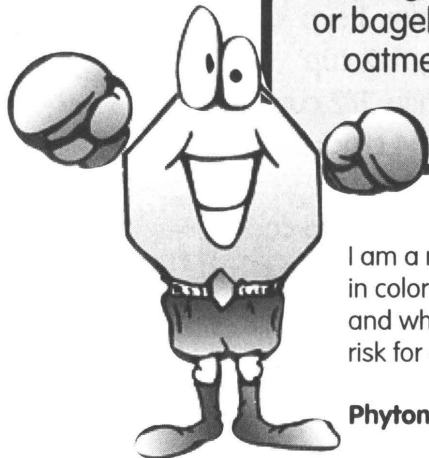
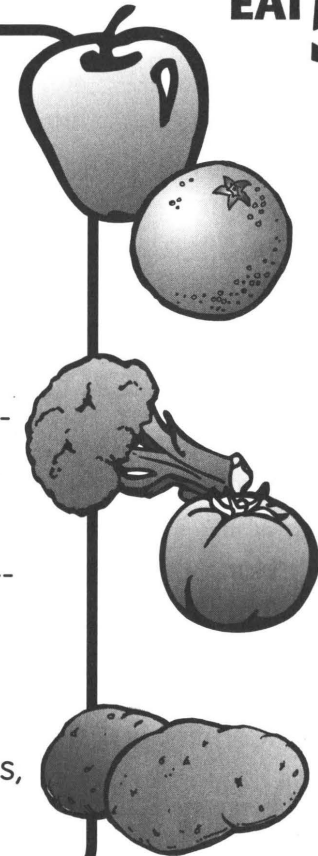
Eat More Whole Grain Foods

- Look for the words "whole wheat" on the label
- Make sure the whole grain ingredient is listed 1st or 2nd on the label
- Choose foods made from whole grains -- breads, breakfast cereals, rice, or pasta
- Eat barley, brown rice, or wild rice
- Choose baked goods made with whole grains: whole wheat muffins or bagels, graham crackers, bran, oatmeal, or multigrain breads



Eat More Fruits & Vegetables

- Eat 5 servings each day
- Choose citrus fruits or juices -- oranges, grapefruits, lemons, limes, or tangerines
- Choose dark green vegetables -- peas, green asparagus, spinach, or green beans
- Choose dark yellow vegetables -- corn, carrots, sweet potatoes, or pumpkins
- Eat more winter vegetables -- cabbage, broccoli, brussels sprouts, cauliflower, or collards



I am a naturally occurring ingredient found in colorful and flavorful fruits, vegetables, and whole-grain foods. I may lower your risk for cancer and heart disease.

Phytonutrient Phil