Become a "NUTRITION STAR"

**Fiber Goal**

How much fiber do you need?

Here's a simple formula:

How old are you? ____ + 5 grams = ____ grams of fiber per day

**Example:** For a 9-year old, add 5 to equal 14 grams of fiber.

How much fiber would a 12-year old need?

____ + ____ = ____ grams of fiber per day

Circle the parts of the Food Guide Pyramid where fiber is found.

**Food Guide Pyramid For Kids**

Kathleen M. Stadler and Joan C. Elledge*

*Extension Specialist, and Assistant Program Coordinator, EFNEP & SCNEP, Human Nutrition, Foods and Exercise, Virginia Tech

---

**Virginia Cooperative Extension**

Publication 348-052
Reprinted 2000
"Starring Roles of Fiber"

Find the stars⭐️ in your foods! Foods are located under different "Star Categories" because they have different amounts of fiber. Each star equals approximately 1 gram of fiber. For example, if you ate 1/2 cup of cooked broccoli and it is under the 3-Star category, then you ate 3 grams of fiber for that amount of broccoli. If you ate 1 cup of cooked broccoli, then you doubled your amount of fiber or ate 6 grams of fiber. Foods are in alphabetic order in the chart.

1. Circle the foods that you eat during one normal day (breakfast, lunch, dinner and snacks) from the foods listed below.

2. Multiply the "Star Category" number by the number of foods you ate for each "Star Category." Example: If you usually eat 1 cup of oatmeal and 1 cup of green peas in a typical day, then multiply 4 stars x 3 = 12. Remember, you ate two servings of peas; this doubles your fiber from peas.

3. Compare the total number of Stars (grams) for your normal day with your grams of fiber per day goal. How did you do? List some of your favorite foods to reach your goal for daily fiber intake:

<table>
<thead>
<tr>
<th>6 Stars</th>
<th>6 x</th>
<th>=</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Stars</td>
<td>5 x</td>
<td>=</td>
</tr>
<tr>
<td>4 Stars</td>
<td>4 x</td>
<td>=</td>
</tr>
<tr>
<td>3 Stars</td>
<td>3 x</td>
<td>=</td>
</tr>
<tr>
<td>2 Stars</td>
<td>2 x</td>
<td>=</td>
</tr>
<tr>
<td>1 Star</td>
<td>1 x</td>
<td>=</td>
</tr>
<tr>
<td>0 Stars</td>
<td>0 x</td>
<td>=</td>
</tr>
</tbody>
</table>

**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**

**Total Number of Stars (grams):**

**Number of Grams of Fiber Per Day Goal:**

Write in the number of grams (Stars) of fiber that you need each day from page 1.

---

**Best Source of Fiber**

- 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 raw, medium

**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
- Orange, 1 large
- Sweet Potatoes, 1/2 cup cooked
- Corn, 1/2 cup cooked

---
<table>
<thead>
<tr>
<th>Stars</th>
<th>Fiber Amount</th>
<th>Examples</th>
</tr>
</thead>
</table>
| ★★★★ | 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 raw, medium  
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 raw, medium  
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 | No Fiber | Cheese  
Ice Cream  
Eggs  
Meats  
Fish  
Milk  
Soft Drinks  
Yogurt  

The information given here is for educational purposes only. Reference to commercial company products or trade names is made with the understanding that no discrimination is intended and no endorsement by Virginia Cooperative Extension is implied.
Grandma Called It Roughage!

Help Grandma discover the fiber in her meals. Use the “Starring Roles of Fiber” chart to calculate the total fiber stars for her lunch, dinner, and snacks. Hint: Remember to check the amount of foods or serving sizes when calculating the amount of fiber stars.

<table>
<thead>
<tr>
<th>Foods:</th>
<th>Amounts:</th>
<th>Star Rating:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sandwich</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White bread</td>
<td>2 slices</td>
<td></td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>3 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Jelly</td>
<td>1 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Fruit Cocktail</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Orange Juice</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Dinner:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spaghetti, Whole Wheat</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>3 ounces</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>1 raw</td>
<td></td>
</tr>
<tr>
<td>Baked Beans</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>1 1/2 cups</td>
<td></td>
</tr>
<tr>
<td>Pear</td>
<td>1 medium</td>
<td></td>
</tr>
<tr>
<td>Snacks:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Chip Cookies</td>
<td>2 medium</td>
<td></td>
</tr>
<tr>
<td>Popcorn</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total Stars</td>
</tr>
</tbody>
</table>

How many 5- and 6-star foods did she eat?

Which of Grandma’s foods were the best sources of fiber?

What foods would you suggest that Grandma eat for breakfast to increase her daily fiber by five stars?

Are You a 6-Star Eater?

Name the 5- and 6-star foods that you ate last week.

Name 2 foods that you will try to eat more of because these foods are good sources of fiber.

---

Eating the 6-Star Way!

The same types of food can have different amounts of fiber. Discover the fiber content in similar foods by writing the number of stars by each food. Use the “Starring Roles of Fiber” chart.

Peanuts  Bran Muffin
Peanut Butter  Whole Wheat Muffin
Peanut Butter  Bran Muffin with Raisins
Milkshake  Apple
Lima Beans  Apple Sauce
Green Beans  Apple Juice

6 Stars= Best Sources of Fiber
5 Stars= 5 Grams of Fiber or less
4 Stars= 4 Grams of Fiber or less
3 Stars= 3 Grams of Fiber or less
2 Stars= 2 Grams of Fiber or less
1 Star = 1 Gram of Fiber or less
0 Stars = No Fiber