

# FINDING FIBER IN FOOD

It's easy to remember where to find fiber in foods... *Think Plants!* All grain products, fruit, nuts, vegetables, and dried beans contain fiber, some more than others. Check out the list below for the highest fiber choices and remember to read food labels when available. (Hint: "Dietary Fiber" is listed in the "Total Carbohydrates" section of the Nutrition Facts panel on food packages.)

## Great Grains

100% whole grain breads, cereals, crackers, and muffins are good fiber choices. High fiber cereals include Fiber One, All Bran, Bran Buds, Bran Flakes, Fruit and Fiber, Shredded Wheat (frosted or plain), Raisin Bran, Raisin Nut Bran, Grape-Nuts, and Oatmeal. Look for cereals with 4 or more grams of fiber per serving. Triscuits are a great snack cracker choice. Look for breads with at least 2 grams of fiber per slice; typically these will be 100% whole what versions, but some multigrain breads with nuts and/or seeds meet the 2-gram mark too. Bran muffins are the best choice, but muffins containing vegetables, dried fruit, and/or nuts contribute fiber too.

## Beans, Beans, Beans...

Dried beans are jam-packed with fiber. Eat beans as a main dish or on the side at least twice a week. Try vegetarian chili, baked beans, garbanzo beans (a.k.a. chick peas) as a salad topping, and black beans in wraps or on nachos. The soup possibilities are endless... think split pea, lentil, minestrone, and navy bean. Get'em any way you can!

## Five-A –Day

You can't go wrong with fruits and vegetables...in general more is better. Start by working toward at least a total of five a day. Eat the skins when ever possible and remember all form of fruits and veggies count, whether fresh, frozen, dried, or canned... juice is about the only exception as most are missing the fiber. Best bets include peas, corn, carrots, broccoli, bakes potatoes with skin, dried prunes and dates, apples with skin, bananas, and strawberries.

## Go Nuts

Nuts and seeds provide fiber too. Try almonds, walnuts, pecans, soy nuts, sunflower, pumpkin, and sesame seeds. Eat them as is or in a trail mix with cereal and dried fruit.

## Fiber Reminders

Adding fiber to your diet is a good idea, but like anything else moderation is key. A total of 20-35 grams a day is recommended. Too much fiber can actually be a bad thing... excessive fiber can interfere with nutrient absorption and may cause constipation of diarrhea. So...

- **Go Slow...** gradually add fiber to your diet; don't make drastic changes.
- **Drink More...** increase your intake of caffeine-free and non-alcoholic beverages.
- **Have Fun...** enjoy trying new foods or new twists on "old" ones.

Want more info on fiber or any food issue?  
Call 862-3823 to speak with our nutritionist.