



Take Home # 5 Fiber for Parents!

Dear Parents,

Today we talked about the importance of eating plenty of fiber. Fiber is a popular topic these days but no one really knows what it is or which foods contain them. Fiber is found in many foods and has many functions. Dietary Fiber is a naturally occurring non-digestible carbohydrate found in plants and "woody" plant cell walls.

- ❖ Adults need approximately 25 to 35 grams of fiber per day. Children need approximately 19 grams of fiber per day.
- ❖ The Food Guide Pyramid recommends enough fruit, vegetable and grain servings to meet a person's fiber requirements.

Goal: Eat more fiber rich foods this week! Try going shopping with your children and help them pick whole grains, fruits, and vegetables that are rich in fiber.

High Fiber Foods to Buy

- | | |
|------------------------|-------------------|
| ❖ Bran | ❖ Citrus fruits |
| ❖ Whole grain bread | ❖ Vegetables, raw |
| ❖ Whole grain cereals | ❖ Apples |
| ❖ Legumes, dried beans | ❖ Oats and barley |

Few Facts on Fiber

- ❖ Fiber helps you **feel full**.
- ❖ Fiber is **frequently free of fat** and low in calories.
- ❖ Fiber **fight cancer, heart disease**, and other illnesses.
- ❖ Fiber is **found in fruits** and all sorts of other Foods.

Few Tips to Follow

Try whole grain bread, cereals, rice, pancakes instead of the regular version. They have become easily to buy at grocery stores and taste great!

* Sizzling Fruit Salad *

Serving size: 6

Ingredients

- ❖ 1 cup frozen or fresh mango
- ❖ 2 cups frozen or fresh strawberries
- ❖ 2 bananas, sliced
- ❖ 1 cup frozen or fresh blueberries or raspberries
- ❖ 15 oz can of pineapple chunks, drained
- ❖ 1 cup grapes
- ❖ ½ cup orange juice

Directions

- ❖ Place all of the prepared fruits in a large bowl. If using fresh fruits, wash and dry them, then cut in half before adding to the bowl.
- ❖ Pour orange juice over the fruit salad.

Tips

- ❖ Buying seasonal or frozen fruits saves money.