



## 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.

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

### High Fiber Foods:

- |                        |                   |
|------------------------|-------------------|
| ❖ Bran                 | ❖ Citrus fruits   |
| ❖ Wholegrain bread     | ❖ Vegetables, raw |
| ❖ Wholegrain 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 **fights cancer, heart disease**, and other illnesses.
- ❖ Fiber is **found in fruits** and all sorts of other Foods.

### \* 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.