



Add Fiber to Your Diet

Having more fiber in your diet helps lower blood cholesterol and prevents constipation, and may help prevent cancer. Many people shortchange themselves on the 20 to 35 grams per day fiber recommendation. The average American consumes 10 to 15 grams of fiber per day.

Circle the foods that are fiber-rich, then put a star (☆) by the foods you will add to your diet.

- | | |
|-------------------|------------------|
| Whole-wheat bread | Sugar cookies |
| Sugar | Oatmeal |
| Broccoli | Fresh vegetables |
| Pinto beans | Apple juice |
| Ice cream | Peas and corn |
| Fresh orange | Potato chips |
| Bran cereal | Raisins |
| Lentil soup | Fresh fruits |
| Sausage | Brown rice |
| Fried eggs | Bran muffins |

Key: You should **not** have circled sugar, ice cream, sausage, fried eggs, sugar cookies, apple juice, or potato chips.



Try this easy, fiber-rich recipe.

Split Pea or Lentil Soup

- ½ c. uncooked lentils or split peas
- 1 small onion, sliced thin
- 1 small stalk celery, chopped
- ¼ c. tomato sauce
- 2 c. water
- Salt, pepper (to taste)

Wash the lentils or peas. Put all ingredients in a kettle. Heat to boiling, cover and simmer for 30 minutes or until lentils or peas are tender.

Makes 2 cups.

Nutrition information per cup:
199 calories, 6.4 grams fiber, 0.7 gram fat

Fiber Up Your Menu

These two menus show how to modify your menu to increase the fiber and decrease the fat content by making healthier choices all day. Remember to increase your fiber intake slowly, and drink plenty of water to avoid digestive upset.

Original Menu		Fiber-rich Menu
Fried eggs White toast with butter and jelly Cornflakes with milk Apple juice Coffee	Morning	Raisin Bran cereal with skim milk Oat Bran Banana Bread (see FN-1458) Fresh orange slices Coffee
Canned tomato soup Turkey sandwich on white bread with mayonnaise Brownie Coffee and milk	Noon	Split Pea or Lentil Soup Turkey sandwich on whole-wheat bread with lettuce and tomato Oatmeal raisin cookie Skim milk
Fried chicken Mashed potato with butter Tomato juice White bun Ice cream w/ chocolate sauce	Evening	Baked chicken (don't eat skin) Baked potato (eat the skin) Steamed broccoli Whole-grain bun Low-fat ice cream with strawberries
Sugar cookie Potato chips Grape juice Ice cream	Snacks	Fresh apple slices with cinnamon Popcorn Raisins
Approximate fiber total based on typical serving sizes: 3 grams Approximate fat total: 115 grams		Approximate fiber total based on typical serving sizes: 35 grams Approximate fat total: 28 grams

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