Fiber

Fiber for proper digestion

Fiber helps with weight loss and weight maintenance
Fiber binds to cholesterol = better LDL cholesterol and total cholesterol

We Need Fiber

Fiber may be used to treat diabetes, heart disease, and diverticulosis.

Adds bulk to your diet, makes you feel full faster

Helps with weight loss and weight maintenance

How many grams of fiber do we need?

 Adults:
 Women – 25 g a day
 Men – 38 g a day

Pregnant Women:
25 g – 30 g a day

Over age 51:
Women: 21g a day
Men: 30g a day

Kids:
19 g -38 a day
# Fiber Sources

## Vegetables
- Spinach, Lettuce, Kale: 1 cup = 1-3 g fiber
- Carrots: 1 cup = 3 g fiber
- Broccoli & Cauliflower: 1 cup = 3-6 g fiber
- Tomato: 1 cup = 2 g fiber
- Bell Pepper & Onion: 1 cup = 2 g fiber
- Zucchini & Squash: 1 cup = 2 g fiber

## Fruit
- Berries: 1 cup = 3 g fiber
- Apples & Pears: 1 cup = 3-4 g fiber
- Bananas & Grapes: 1 cup = 1-3 g fiber
- Mango, Pineapple, Melons: 1 cup = 2 g fiber
- Citrus: 1 cup = 3-4 g fiber
- Peaches, Plums, Nectarines: 1 cup = 2-3 g fiber

## Beans, Grains, Nuts & Seeds
- Beans: 1 cup = 15 g fiber
- Grains: 1 cup = 5-9 g fiber
- Nuts & Seeds: 1 cup = 4-6 g fiber
- Whole Grain Bread: 1 slice = 2-5 g fiber

## Portions

<table>
<thead>
<tr>
<th>Hand Symbol</th>
<th>Equivalent</th>
<th>Foods</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fist</td>
<td>1 cup</td>
<td>Rice, pasta, Fruit, Veggies</td>
<td>200, 75, 40</td>
</tr>
<tr>
<td>Palm</td>
<td>3 ounces</td>
<td>Meat, Fish, Poultry</td>
<td>160, 160, 160</td>
</tr>
<tr>
<td>Handful</td>
<td>1 ounce</td>
<td>Nuts, Raisins</td>
<td>170, 85</td>
</tr>
<tr>
<td>2 Handfuls</td>
<td>1 ounce</td>
<td>Chips, Popcorn, Pretzels</td>
<td>150, 120, 100</td>
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<tr>
<td>Thumb</td>
<td>1 ounce</td>
<td>Peanut butter, Hard cheese</td>
<td>170, 100</td>
</tr>
<tr>
<td>Thumb Tip</td>
<td>1 teaspoon</td>
<td>Cooking oil, Mayonnaise, butter Sugar</td>
<td>40, 35, 15</td>
</tr>
</tbody>
</table>