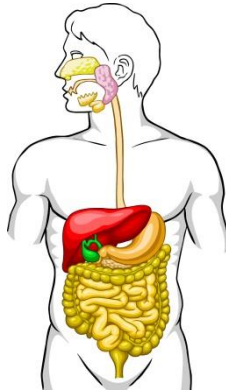


# Fiber

## We Need Fiber



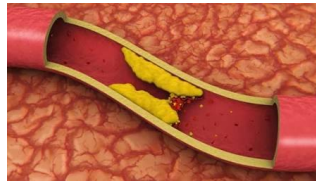
Fiber for proper digestion



Adds bulk to your diet, makes you feel full faster



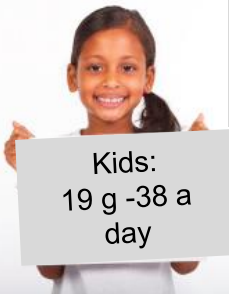
Fiber may be used to treat diabetes, heart disease, and diverticulosis.



Fiber binds to cholesterol = better LDL cholesterol and total cholesterol

Helps with weight loss and weight maintenance

How many grams of fiber do we need?



Kids:  
19 g -38 a day



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



Pregnant Women:  
25 g – 30 g a day



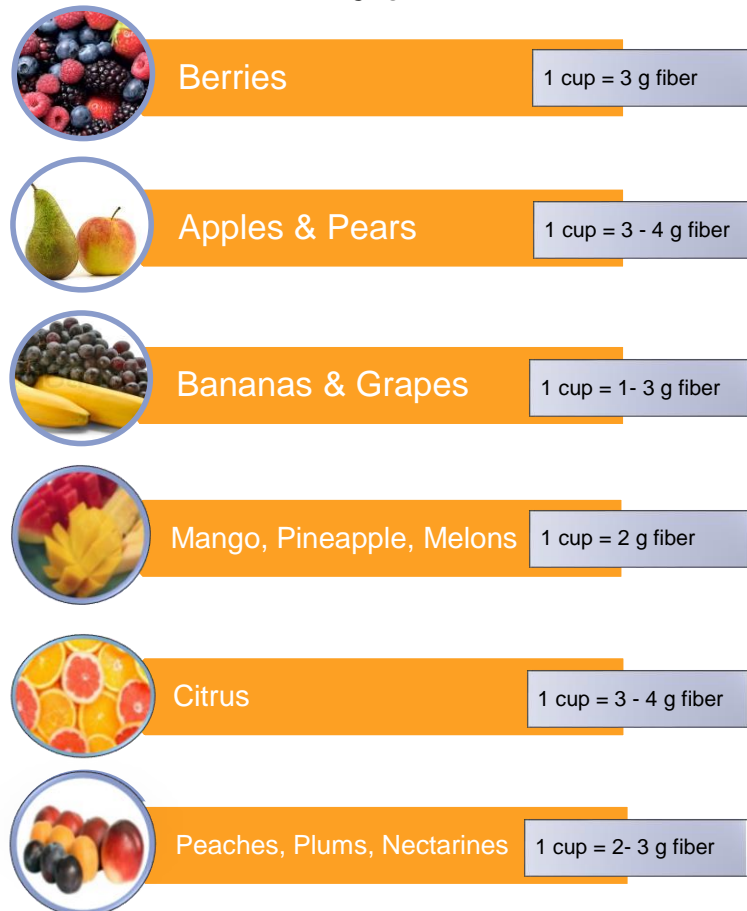
Over age 51:  
Women: 21g a day  
Men: 30g a day

# Fiber Sources

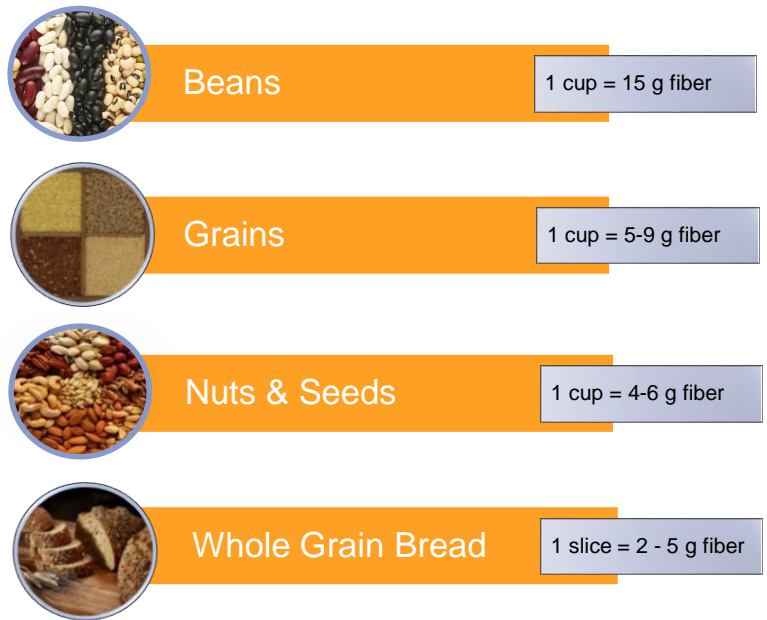
## Vegetables



## Fruit



## Beans, Grains, Nuts & Seeds



## Portions

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