

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

Broccoli

Pinto beans

Ice cream

Fresh orange

Bran cereal

Lentil soup

Sausage

Fried eggs

Sugar cookies

Oatmeal

Fresh vegetables

Apple juice

Peas and corn

Potato chips

Raisins

Fresh fruits

Brown rice

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 cup uncooked lentils or split peas
- 1 small onion, sliced thin
- 1 small stalk celery, chopped
- ¼ cup tomato sauce
- 2 cups 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:
170 calories, 7 grams (g) fiber, 0.5 g fat, 32 g carbohydrate and 11 g protein.

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

Fried eggs
White toast with butter and jelly
Cornflakes with milk
Apple juice
Coffee

Morning

Canned tomato soup
Turkey sandwich on white bread
with mayonnaise
Brownie
Coffee and milk

Noon

Fried chicken
Mashed potato with butter
Tomato juice
White bun
Ice cream w/ chocolate sauce

Evening

Sugar cookie
Potato chips
Grape juice
Ice cream

Snacks

Fiber-rich Menu

Raisin Bran cereal with skim milk
Oat Bran Banana Bread (see FN1458)
Fresh orange slices
Coffee

Split Pea or Lentil Soup
Turkey sandwich on whole-wheat
bread with lettuce and tomato
Oatmeal raisin cookie
Skim milk

Baked chicken (don't eat skin)
Baked potato (eat the skin)
Steamed broccoli
Whole-grain bun
Low-fat ice cream with strawberries

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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