

Our friend, Fiber!



THE
UNIVERSITY
OF RHODE ISLAND
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What does fiber do?

- Fiber helps to move food through your body.
- It acts like a brush to clean your insides and help you go to the bathroom.
- It keeps you full longer.
- Fiber acts like a sponge to soak up cholesterol. Too much cholesterol in your blood can hurt your heart.

What foods have fiber?

Fiber is found in whole grains, beans, nuts, seeds, fruits and vegetables.

How can I add fiber into my day?

Breakfast:

- A bowl of hot oatmeal
- Cereal with berries
- Vegetable omelet



Lunch:

- A sandwich with whole grain bread and vegetables (like lettuce & tomato)
- A piece of fruit and vegetables (like baby carrots) on the side

Dinner:

- Mini pizza on whole wheat English muffin with vegetable toppings
- Brown rice with beans and vegetables

Snack:

- Cut-up vegetables or whole wheat crackers with hummus
- Celery with peanut butter
- Popcorn (no butter or salt added) and sliced apple



Nutrition Facts

Serving Size 3/4 cup (296g)	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 30
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	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 10mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 4g	
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Vitamin A 4%	Vitamin C 6%
Calcium 2%	Iron 6%



Look for foods with 3 grams or more of fiber on the Nutrition Facts Label.