



# Get Enough Fiber

Fiber is found in fruits, vegetables, whole grains, nuts and legumes. Eating these foods will help to relieve constipation. However, increasing fiber in your diet should be done gradually and your fluid intake should also be increased.

## Fiber can help to...

- ...Keep you regular
- ...Lower your cholesterol
- ...Keep you satisfied because you feel full longer.
- ...Reduce the risks of certain diseases.

## How much do you need?

- Women age 50+ need **21grams** each day
- Men age 50+ need **30 grams** each day
- Remember to add fiber to your diet gradually.

# 10 easy ways to eat more fiber.

1. Eat oatmeal for breakfast or an evening snack.



2. Try a bran or whole grain cereal with dried fruit and nuts.

3. Enjoy a sandwich on whole grain bread or roll.

4. Switch from white rice to wild or brown rice.



5. Include beans in your meals two to three times a week.



6. Add sunflower seeds, walnuts, or almonds to salads or enjoy a handful for a snack.

7. Substitute 100% whole-wheat flour for half of the flour in a recipe.



8. Choose whole fruit instead of juice.



9. Include the skin when cutting fruits into small, easy to eat bites.

10. Satisfy your sweet tooth with an apple, berries or kiwi.





## Banana Breakfast Bars

- $\frac{3}{4}$  cup applesauce
- $\frac{3}{4}$  cup brown sugar
- 1 egg
- $\frac{1}{2}$  teaspoon ground cinnamon
- $1\frac{1}{2}$  cups mashed ripe bananas
- 4 cups uncooked oatmeal
- $\frac{1}{2}$  cup dried fruit such as cranberries, raisins, or apricots
- $\frac{1}{2}$  cup chopped walnuts or pecans

1. Preheat oven to 350. Lightly coat a 9 x 13 baking pan with non-stick cooking spray.
2. In large bowl, mix all the ingredients in the order listed.
3. Turn batter into prepared pan and bake 30 to 35 minutes. Cool completely. Cut into 12 bars.
4. Slip each Banana Breakfast Bar into a small plastic bag, seal and freeze.

Take out the night before for a ready to eat breakfast with an orange and glass of milk or container of yogurt, also good for an easy to pack snack.

*One bar provides 4 grams of dietary fiber.*





# Alphabetical Fiber Index

*Compiled by Liz Peterson, Nutritional Sciences Intern, University of Missouri-Columbia*

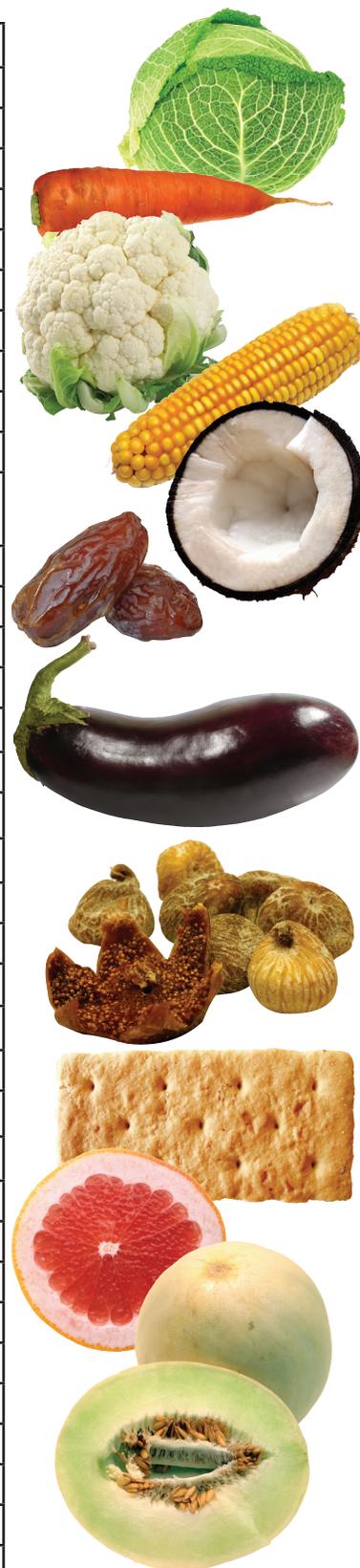
	Food	Amount	Fiber (g)
<b>A</b>	Almonds	1 tbsp	0.6
	All-Bran	½ cup	10.4
	Apple	1 medium	4.0
	Applesauce	½ cup	3.0
	Apricots (canned)	3 halves	2.5
	Artichoke hearts (canned)	4-5 small hearts	4.5
	Asparagus (cooked)	½ cup	1.7
	Avocado (diced)	½ cup	3.4
<b>B</b>	Baked beans	½ cup	8.0
	Banana	1 medium	3.0
	Bean sprouts (raw)	½ cup	1.6
	Beets (cooked)	½ cup	2.5
	Black Beans (cooked)	½ cup	9.7
	Black Eyed Peas	½ cup	8.0
	Blackberries	½ cup	4.4
	Blackberry Jam	1 tbsp	0.7
	Boston Brown Bread	2 slices	4.0
	Bran buds	½ cup	10.4
	Bran chex	½ cup	3.8
	Bran Meal	½ cup	16.0
	Broccoli (cooked)	½ cup	4.7
	Broccoli (raw)	½ cup	4.0
	Brown Rice (cooked)	½ cup	2.0
	Brussel Sprouts	½ cup	2.0
	Butter beans	½ cup	3.7
	Buckwheat groats (Kasha)	½ cup	4.8
	Bulgur	½ cup	4.8



funded in part by USDA's FSP

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	<b>Food</b>	<b>Amount</b>	<b>Fiber (g)</b>
<b>C</b>	Cabbage (cooked)	½ cup	2.5
	Cabbage (raw)	½ cup	1.5
	Cantaloupe	2 slices or ¼	1.0
	Carrots (raw or cooked)	½ cup	3.4
	Cauliflower (cooked)	½ cup	1.1
	Celery (cooked)	½ cup	3.0
	Celery (raw)	½ cup	4.0
	Cherries	½ cup	1.0
	Chestnuts	2 large	1.9
	Coconut	1 tbsp	3.4
	Corn (sweet, any style)	½ cup or 1 medium ear	5.0
	Cracked Wheat Bread	2 slices	3.6
	Cranberry sauce	½ cup	4.0
	Cream crackers	2	0.4
Cucumber (raw, unpeeled)	1/2 cup	0.7	
<b>D</b>	Dark rye Bread	2 slices	5.8
	Dates (pitted)	2	1.2
<b>E</b>	Eggplant	2 thick slices	4.0
	Endive (raw)	10 leaves	0.6
	English muffin	1	3.7
<b>F</b>	Figs, Dried	3	10.5
	Fruit N' Fiber	½ cup	3.5
<b>G</b>	Garbonzo Beans (chickpeas)	½ cup	6.0
	Graham	2	1.4
	Grapefruit	½ of a medium fruit	0.8
	Grapes (any color)	½ cup	1.0
	Great Northern beans	½ cup	8.0
	Green (snap) beans	½ cup	2.1
	Green onions (chives/scallions)	½ cup	1.6
	Green Peas	½ cup	9.1
	Greens (all varieties)	½ cup	4.0
<b>H</b>	High Bran Bread	2 slices	7.0
	Honey Dew	1 thick slice (3")	1.5



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	<b>Food</b>	<b>Amount</b>	<b>Fiber (g)</b>
<b>K</b>	Kidney Beans cooked	½ cup	9.7
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<b>L</b>	Lentils (brown)	½ cup	4.6
	Lentils (red)	½ cup	3.2
	Lettuce (Iceberg, boston)	½ cup	0.4
	Lima Beans	½ cup	5.6
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<b>M</b>	Mushrooms (raw)	½ cup	1.0
	Mushrooms (sautéed)	½ cup	2.0
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<b>O</b>	Oatmeal	½ cup	5.1
	Okra (cooked)	½ cup	1.6
	Olives (green or black)	6	1.2
	Onion (cooked)	½ cup	1.5
	Orange	1 medium	1.8
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<b>P</b>	Parsnip	1 large	2.8
	Peaches (canned)	2 halves	1.4
	Peanut Butter	1 tbsp	1.1
	Peanuts	1 tbsp	1.1
	Pear	1 medium	4.0
	Peas and Carrots	½ cup	4.7
	Pineapple (canned)	½ cup	0.4
	Pinto beans cooked	½ cup	9.4
	Plums	1 medium	2.0
	Potato (mashed)	½ cup	3.0
	Potato russet or Idaho	1 medium	5.0
	Prunes	3	1.9
	Puffed wheat	½ cup	1.6
	Pumpernickel	2 slices	4.0
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<b>R</b>	Radishes	3	0.1
	Raisin bran	½ cup	2.5
	Raisins	½ cup	6.0
	Raspberries	½ cup	4.6
	Raspberry Jam	1 tbsp	1.0
	Rhubarb	½ cup	2.9
	Rutabaga (yellow turnip)	½ cup	3.2
	Ry-Krisp	3	2.3



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	<b>Food</b>	<b>Amount</b>	<b>Fiber (g)</b>
<b>S</b>	Sauerkraut (canned)	½ cup	2.6
	Seven grain bread	2 slices	6.5
	Shredded Wheat	large Biscuit	2.2
	Shredded Wheat	½ cup	2.2
	Spaghetti	½ cup	2.8
	Spinach (cooked)	½ cup	7.0
	Spinach (raw)	½ cup	1.8
	Split Peas	½ cup	6.7
	Strawberries	½ cup	1.5
	Succotash (corn & lima beans)	½ cup	7.0
	Summer squash	½ cup	2.0
	Sunflower seeds	1 tbsp	0.5
	Sweet pepper (green)	½ cup	1.2
	Sweet pickle relish	1 tbsp	0.5
Sweet potato (baked)	1 small	4.0	
<b>T</b>	Tomato (raw)	1 small	1.4
	Tortilla's	1 six inch tortilla	2.0
	Triscuits	2 crackers/biscuits	2.0
	Turnip, white (cooked)	½ cup	2.0
	Turnip, white (raw)	½ cup	2.4
<b>W</b>	Walnuts	1 tbsp	1.1
	Watercress (raw)	½ cup	1.0
	Watermelon	1 thick slice	2.8
	Wheat thins	6	2.2
	Wheaties	1/2 cup	1.0
	White beans	½ cup	8.0
	White bread	2 slices	1.9
	White Rice	½ cup	2.0
	Whole wheat bran muffin	1 muffin	4.6
	Whole wheat bread	2 slices	6.0
	Whole wheat egg noodles	½ cup	2.8
	Whole wheat raisin bread	2 slices	6.0
	Whole wheat spinach noodles	½ cup	3.0
Winter squash	½ cup baked/mashed	3.5	
<b>Y</b>	Yams	1 medium	6.8
<b>Z</b>	Zucchini (raw or cooked)	½ cup	3.0

