



YOUR WAY TO HEALTHY EATING
EAT FOODS WITH FIBER
IT'S GOOD FOR YOUR BODY!

CHARLES B. WANG COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

FIBER HELPS YOUR BODY FUNCTION

Fiber (or dietary fiber) is the material from plant foods that your body cannot process. Why is it good for your body? Foods with fiber turn into a substance that helps move food through your digestive system. This helps you avoid problems like constipation, which can happen if food does not move well through your body.

FIBER IS GOOD FOR YOUR HEALTH TOO


Adding more fiber to your diet will help:

- Ease constipation or lessen your chance of having it
- Lower your cholesterol level
- Decrease your chance of getting heart disease
- Increase the amount of nutrients in your body since foods rich in fiber are often rich in other nutrients too

HOW MUCH FIBER SHOULD YOUR BODY GET?

In general, a person should have about 14 grams of fiber for every 1,000 calories consumed. For example, an Asian adult who consumes 1,500 calories a day should eat about 21 grams of fiber.

It's easy for you to get the fiber you need. There are many foods that are high in fiber. It just takes a little more attention to choose those foods.



Encourage your family to get plenty of fiber to stay healthy.

CHOOSE FOODS HIGH IN FIBER

| FRESH FRUITS | FRESH VEGETABLES |
|---|--|
| <p>About 3-4 grams of fiber ½ cup blackberries 1 medium pear ⅔ cup applesauce 1 small apple 1 banana</p> <p>About 1-2 grams of fiber 3 prunes 2 dates 20 grapes ½ grapefruit</p> | <p>About 6-9 grams of fiber ½ cup green peas ½ cup cooked spinach ⅔ cup cooked cabbage ¾ cup cooked broccoli 1 cooked medium yam</p> <p>About 1-5 grams of fiber 1 medium corn on cob ½ cup celery ½ cup carrots ½ cup green beans ½ cup bean spouts</p> |

| WHOLE GRAIN & WHEAT FOODS | DRIED FOODS |
|---|---|
| <p>About 4-7 grams of fiber ¾ cup oatmeal ½ cup bran cereal ½ cup raw brown rice</p> <p>About 1-3 grams of fiber 1 slice of whole wheat bread ½ cup barley ½ cup whole wheat noodle 3.1 oz. buckwheat noodle</p> | <p>About 1 gram of fiber 5 small raw dried black mushroom 2 sheets dried seaweed snow fungus lotus root</p> <p>BEANS About 9 grams of fiber ½ cup cooked black-eyed beans ½ cup cooked kidney beans</p> |

Tips for adding more fruits and vegetables to your diet:

- Eat fresh vegetables and fruits at each meal.
- Eat the skin on fruits to get more fiber.
- Avoid preserved vegetables as they are high salt or sugar.

IT'S EASY TO ADD FIBER TO YOUR MEALS

Breakfast - Have cereal or a slice of whole wheat bread. Eat a fruit with the skin on, such as an apple.

Lunch - Try brown rice or whole wheat spaghetti. For a snack, try fruit, whole wheat crackers, baby carrots, or dried prunes.

Dinner - Be creative. Add unpeeled vegetables like carrots and tomatoes to salads and stews.

Dessert - Add different kinds of beans to sweet soups, like tong shui.

Tips for young children



- Prune juice and grape juice are good for infants over 3 months old who are not ready for solid food.



- Cut up fresh fruits (apples, pears, grapes, oranges) for finger food. Peel off the skin for younger children.



- For children who do not like to see vegetables, mix vegetables into their favorite dishes. Add them to tomato sauce. Or puree vegetables to make a dip for bread or crackers.

SHOP SMART & EAT RIGHT

- Read the nutrition facts on food labels to find out how much fiber is in the food you choose.
- A good source of fiber is a food that contains 2 or more grams of fiber per serving.
- Choose foods that are high in fiber but low in fats, such as trans fat, saturated fat, and cholesterol.
- Adding fiber to your diet too quickly can cause cramps, gas, nausea, or diarrhea. Add fiber to one meal a day. Then slowly add fiber to each meal.
- Drink more water. Eating more fiber without enough water can cause constipation or abdominal discomfort.
- Prepare foods with fiber in a healthy way. Steam, boil, or stir-fry instead of deep frying.



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