

# FIBER

## Benefits of fiber

**Heart disease:** Fiber might help lower your cholesterol.

**Diabetes:** Fiber helps control blood sugar levels for people with diabetes.

**Digestion:** Fiber from foods can help prevent constipation

**Weight:** Fiber rich foods tend to be lower in calories and help keep you full longer

## How much fiber does my child need?

The academy of Nutrition and Dietetics recommends “ your child’s age plus 5” to get the amount of grams of fiber your child needs.

For example: If your child is 10, your child needs 15gm of fiber a day (10 +5= 15).



## Fiber content in foods

Food	Fiber
½ cup beans	6.2-9.6 grams
1 small oat bran muffin	3 grams
1 whole wheat English Muffin	4.4 grams
1 small apple, with skin	3.6 grams
½ cup of raspberries	5.5 grams
1 medium Banana	3.3 grams
½ cup broccoli	2.6-2.8 grams
½ cup of green peas	3.5-4.4 grams
1 sweet potato	3.8 grams
1 oz of almond	3.5 grams

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services, *Dietary Guidelines for Americans, 2010*

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