

KIDS Healthy Newsletter

FIBER – What the heck is it?

Fiber is found in foods that come from plants – fruits, vegetables, and grains.

Fiber is the stringy stuff that holds fruits and vegetables together. It is also part of seeds and grains.

The human body cannot digest fiber, but fiber has an important job to do.

2 types of Fiber

- 1) **Insoluble Fiber:** Holds water like sponge and does not dissolve in water. It keeps food soft as it moves through the intestines so that waste products can be easily eliminated.
- 2) **Soluble Fiber:** Dissolves in water, turning the food in the intestines into a gel from which nutrients can be absorbed at a slow and steady rate.

So what are the health benefits of fiber?



- Filling without being fattening.
- Helps you feel good after eating.
- Friendly to the heart.
- Good for the gut.

The ABC's of Favorite Fibers:

A: Apricots, apples, avocados, artichokes

B: Beans, bran, berries

C: Cereals (with three grams of fiber per serving)

S: Salads and raw vegetables

Here are some fiber boosting tips!!

Eat whole fruits & vegetables instead of drinking juice.

Try a daily high-fiber yogurt smoothie (Greek yogurt mixed with fruit)

Snack on dried fruits (figs, apricots, prunes, raisins).

Use whole grains instead of white.

Be a bean freak (serve beans in salads, soups, burritos, casseroles, or chili).

Dip it (salad dressings for veggie dip).

Choose a high-fiber cereal (at least 3 grams of fiber per serving).

Choose your lettuce wisely (Spinach and Romaine are high-fiber choices).

It's in the peel (fresh fruit with skin has more fiber than canned fruits).

Eat fiber from a variety of different sources!!