Foods With Fiber

You should eat foods with fiber every day. Fiber helps you digest other foods properly. Fiber is an important part of your diet.

**Eat 6 ounces of grains each day. Try to make half your grains whole.**
- oatmeal
- bran muffins
- brown rice
- whole wheat bread
- whole wheat pasta
- macaroni
- spaghetti
- popcorn
- corn tortillas
- cornbread
- rice
- graham crackers
- hamburger buns

**Eat 2 cups of fruits each day, focus on fruits.**
- oranges
- apples
- grapes
- strawberries
- bananas
- peaches
- grapefruits
- plums
- pears
- cherries
- raisins
- prunes
- cantaloupes
- watermelons

**Eat 2 ½ cups of vegetables. Vary your veggies each day.**
- spinach
- broccoli
- collards
- turnips
- rutabagas
- English peas
- butter beans
- Irish potatoes
- carrots
- celery
- corn
- lima beans
- squash
- green beans
- cabbage
- sweet potatoes
- red beans
- pinto beans
- blackeyed peas
- navy beans
- lentils

**These foods have fiber in them too.**
- cracked wheat
- pumpkin seeds
- bulgur
- pecans
- peanuts
- walnuts
- sunflower seeds
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- pumpkin seeds
- bulgur
- pecans
- peanuts
- walnuts
- sunflower seeds

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**Blackberry-Peach Crunch**

This recipe makes enough for 8 people. Each serving has 163 calories, 4 grams of fiber, and 5 grams of fat.

**What To Use**
- 6 ripe peaches
- 1 pint blackberries
- ½ cup brown sugar, divided
- ¼ cup oat bran
- 3 teaspoons vegetable oil, divided
- ½ cup chopped pecans
- 1 cup brown sugar

**What To Do**

1. Preheat oven to 400 degrees F.

2. 6 ripe peaches
   - Peel and slice the peaches.
   - Rinse the blackberries.
   - Put the fruit in a bowl.
   - Add brown sugar. Stir.

3. 1 teaspoon vegetable oil

4. ½ cup brown sugar
   - Stir well.

5. Put the pan in the oven.
   - Cook it for 30 minutes.
   - Cook it until the fruit is bubbly.
   - Now take it out. Let it cool.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

Foods With Fiber

Fiber is an important part of your diet. Fiber helps your intestines work properly. It helps your body get rid of wastes. You should eat foods that have fiber in them. Then you may not have to take laxatives.

Foods with fiber also have:

- vitamins
- minerals
- complex carbohydrates

They are low in fat too.

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