What is fiber?
Fiber comes from plant foods, like fruits, vegetables, and grains. Fiber does not come from animal foods like meat, eggs, milk, and cheese.

Why should I eat fiber?
Fiber is good for you. A diet high in fiber can keep you regular. It can also lower your chance of getting some kinds of cancer.

How much fiber should I eat?
The nutrition label on foods, Nutrition Facts, shows Americans need to eat at least 25 grams of fiber a day. Most of us eat only 11 grams of fiber a day.

How can I eat more fiber?
A simple way to eat more fiber is to use the Food Guide Pyramid.

Foods That Have Fiber

**Breads, Cereals, Rice, and Pasta**
- Bran cereals (like Bran Buds, All Bran)
- Whole-grain breads and cereals
- Rye, Pumpernickel breads

**Vegetables**
- Corn
- Raw vegetables
- Lima beans
- Green peas

**Fresh Fruits**
- Blackberries
- Blueberries
- Nectarines
- Raspberries
- Strawberries

**Dried Fruits**
- Apples
- Apricots
- Figs
- Prunes

Ramen Noodle Soup

*Find Fiber Here*

Find Fiber Here

www.aces.edu
How can % Daily Value on a food label help you find foods with more fiber?

The food label makes it easy to compare foods. The % Daily Value shows you how a food fits into a daily diet of 2,000 calories.

Start your day off right. Eat a breakfast cereal with 5 grams of fiber or more. Use the % Daily Value on the Nutrition Facts food label to help you find cereals with fiber. Compare these two cereal labels. Which cereal has more fiber?

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For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

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