

FIBER

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is an important nutrient. It is found in many of the plants that we eat, such as vegetables, fruits, beans, and nuts.



FIBER is good for us, too!

- Helps us digest and pass stools that we eat.
- Makes our bodies absorb sugar slower.
- Helps lower our hearts' healthy.
- Keeps us feeling full longer, which can prevent overeating.

Lots of kids don't get enough fiber. **How much is enough?**



For everyone, the minimum is five grams of fiber a day.

CHILDREN
 5-17 years old: 14 grams

ADULTS
 18-50 years old: 25 grams 51-70 years old: 21 grams
 71-80 years old: 20 grams

ADULTS
 20-35 years old: 25 grams

SUGAR

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is an added energy food we eat.

NATURAL

Some foods contain natural sugars, which are sometimes called fructose, sucrose, or glucose. Natural sugars are found in:



- Fruits
- Vegetables
- Milk
- Honey

These are the good kinds of sugars that give us energy in a healthy way. These sugars are found in your body.

ADDED

Many packaged foods are combined with sugar. This extra added sugar is not healthy.



Look at the label on packaged foods. If you find these words, you know sugar has been added:

- Sugar
- Fructose
- Sucrose
- High-fructose corn syrup

How much added sugar is okay each day?

Age	Male	Female
2-18 years	25 grams	25 grams
19-50 years	36 grams	25 grams
51-70 years	30 grams	25 grams
71-80 years	26 grams	25 grams

SODIUM

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is a mineral that our bodies need to absorb nutrients. Sodium does many things, such as:

- It helps us eat and drink.
- It helps the muscles work better when they get the extra energy from eating right.

Salt is used to preserve and preserve foods. It contains sodium. Foods such as the following have lots of salt and should only be eaten occasionally:

- Bacon
- Butter
- Cheese
- Ham
- Pickles
- Soy
- Tuna
- Tomatoes
- Salt



Many children and adults consume too much sodium. Eating foods that are high in sodium is bad for your health.



WHAT TO DO ABOUT IT

A typical school-age child is consuming 3,000 to 4,000 milligrams of sodium every day.

High-fiber foods have 5 or more grams of fiber. Foods with between 2.5 and 4.9 grams of fiber are also good sources of fiber.

Food (serving)	Fiber (g)	Amount of fiber
Baked beans (canned)	1 cup	15.1 grams
Black beans	1 cup	15.1 grams
Apple (with skin)	1 cup	4.4 grams
Pears	1 cup	4.4 grams
Chickpeas	1 cup	4 grams
Chickpeas (canned)	1 cup	4 grams
Peas (with pods)	1 cup	3.8 grams
Beans	1 cup	3.8 grams
Green (raw) peas	1 cup	3.8 grams
Garbanzo	1 cup	3.8 grams
Orange	1 cup	3.8 grams
Almonds	1 cup	3.8 grams
Wheat or Multi-Grain Bread	1 slice	1.8 grams

Make a list of foods that will give you enough each day:

Food	How much?	Amount of fiber

Total grams of fiber: _____

Grains which have off sugar is in the following foods:

	Natural	Added
Apple	<input type="checkbox"/>	<input type="checkbox"/>
Chips	<input type="checkbox"/>	<input type="checkbox"/>
Milk	<input type="checkbox"/>	<input type="checkbox"/>
Honey	<input type="checkbox"/>	<input type="checkbox"/>
Bacon	<input type="checkbox"/>	<input type="checkbox"/>
Lentils	<input type="checkbox"/>	<input type="checkbox"/>
Cookies	<input type="checkbox"/>	<input type="checkbox"/>
Fruit smoothies	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>
Magic mango	<input type="checkbox"/>	<input type="checkbox"/>

- NOTE:** 1-3 should eat rarely after every meal _____
- NOTE:** 2-4 should eat rarely after every meal _____
1. Choose natural grains, a natural sugar.
 2. Drinking the sugar in milk is good for you.
 3. Drinking you must be aware of the added sugar in sugary every other drinks.
 4. Avoid to eating every thing if has sugar.
 5. If you're eating sugar, I should eat sugar.
 6. Bacon and chips make natural sugar.

How much sodium should you consume each day?

Age	Milligrams (mg)
2-18 years	1,500-2,000
19-50 years	1,500-2,000
51-70 years	1,500-2,000
71-80 years	1,500-2,000

Figure out the answer

If a teaspoon of salt has 2,000 milligrams of sodium, how much of a teaspoon is _____

- 575 milligrams of sodium? _____
- 1,000 milligrams of sodium? _____
- 1,700 milligrams of sodium? _____

What's eating too much sodium?

Food (serving)	Sodium (mg)
100 mg	100 mg
200 mg	200 mg
300 mg	300 mg
400 mg	400 mg
500 mg	500 mg
600 mg	600 mg
700 mg	700 mg
800 mg	800 mg
900 mg	900 mg
1,000 mg	1,000 mg
1,100 mg	1,100 mg
1,200 mg	1,200 mg
1,300 mg	1,300 mg
1,400 mg	1,400 mg
1,500 mg	1,500 mg
1,600 mg	1,600 mg
1,700 mg	1,700 mg
1,800 mg	1,800 mg
1,900 mg	1,900 mg
2,000 mg	2,000 mg