

# FIBER

## FIBER

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 blood's health.
- Keeps us feeling full longer, which can prevent overeating.

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

Age	How much fiber you need every day
1-3 years old	19 grams
4-8 years old	25 grams
9-13 years old	31 grams
14-18 years old	38 grams

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	Fiber (per cup)	Amount of fiber
Black beans (uncooked)	1 cup	25.0 grams
Black beans (cooked)	1 cup	15.0 grams
Apple (with skin)	1 cup	4.4 grams
Pears	1 cup	5.5 grams
Chickpeas	1 cup	4.4 grams
Chickpeas (cooked)	1 cup	7.6 grams
Peas (with pods)	1 cup	16.0 grams
Beans	1 cup	16.0 grams
Orange	1 cup	3.1 grams
Strawberries	1 cup	3.8 grams
White, or Multi-Grain Bread	1 slice	1.9 grams

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

Food	How much?	Amount of fiber?

Total grams of fiber \_\_\_\_\_

# SUGAR

## SUGAR

is an added sweet food we eat.

**NATURAL**  
Some foods contain natural sugars, which are sometimes called fructose, lactose, and glucose. Natural sugars are found in fruits, milk, and honey.

**ADDED**  
Many packaged foods are sweetened with sugar. This extra added sugar is not healthy.

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

Age	How much added sugar is okay each day?
2-3 years old	15 grams
4-8 years old	25 grams
9-13 years old	35 grams
14-18 years old	50 grams

Added sugars tend to 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"/>
Beans	<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"/>
Maple syrup	<input type="checkbox"/>	<input type="checkbox"/>

1. I should eat candy after every meal.
2. Soda gives me added sugar.
3. Cheese contains galactose, a natural sugar.
4. Drinking too sugar in milk is good for you.
5. Treating yourself to sweets with added sugar is alright every once in awhile.
6. Good to healthy even though it has sugar.
7. If you're eating sugar, I should eat sugar.
8. Beans and lentils make natural sugar.

# SODIUM

## SODIUM

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

- regulate water and sodium.
- control the amount of water that flows through our cells.
- control the number of times we breathe right.

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

- Bacon
- Butter
- Cheese
- Eggs
- Ham
- Milk
- Pasta
- Soy sauce
- Sugar

Many children and adults consume too much sodium. Eating foods low salt can help us to eat a healthy diet for our hearts.

**HOW MUCH SODIUM?**  
A typical sodium-free diet is consuming 1,500 to 4,000 milligrams of sodium every day.

How much sodium should you consume each day?

Age	Milligrams (mg)
2-3 years	1,500-2,000
4-8 years	2,000-2,500
9-13 years	2,500-3,000
14-18 years	3,000-3,500

**Figure Out Sodium**  
If a teaspoon of salt has 2,000 milligrams of sodium, how much of a teaspoon is:

- 500 milligrams of sodium?
- 1,000 milligrams of sodium?
- 1,500 milligrams of sodium?

Amount (mg)	Amount (teaspoons)
500 mg	1/4 tsp
1,000 mg	1/2 tsp
1,500 mg	3/4 tsp
2,000 mg	1 tsp