

# 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. It:

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

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



Remember age matters. Check the amount of fiber that is recommended for your age.

**CHILDREN**  
 1-3 years old: 10 grams  
 4-8 years old: 25 grams

**BOYS**   **GIRLS**  
 9-13 years old: 17 grams                                 9-13 years old: 26 grams  
 14-18 years old: 25 grams                             14-18 years old: 28 grams

**ADULTS**  
 20-plus years old: 25-35 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.

	How much?	Amount of fiber
Baked beans (vegetarian)	1/2 cup	8.2 grams
Broccoli (baked)	1 cup	5.1 grams
Apple (with skin)	1	4.4 grams
Pears	1/2 cup	4.4 grams
Raspberries	1/2 cup	4 grams
Custard (cooked)	1 cup	4 grams
Peppers (raw-pepper)	3 cups	3.5 grams
Almonds	220 nuts	3.5 grams
Brown rice (cooked)	1 cup	3.5 grams
Romaine	1	3.1 grams
Orange	1	3.1 grams
Raisins	1/2 cup	3 grams
Whole- or Multi-Grain Bread	1 slice	1.8 grams

Make a list of foods that will give you enough daily fiber.

	How much?	Amount of fiber
		total grams of fiber _____

# SUGAR

## SUGAR

is in almost every food we eat.

### NATURAL

Some foods contain natural sugars, which are sometimes called complex carbohydrates (pronounced car-bo-hydrates).



- Fruits.
- Low-fat dairy products.
- Whole grains.

These are the great kinds of sugars that give you energy and break down more slowly in your body.

### ADDED

Many packaged foods are sweetened with sugar. Too much added sugar is not healthy.



Look at the label on packaged foods. If you find these words in the list of ingredients, you know sugar has been added.

- Molasses
- Sugar
- High fructose corn syrup

How much **added** sugar is okay each day?

Infants (under 1)	Less than 15 grams	4 tsp.
Children, ages 4-8	25-30 grams	5-6 tsp.
Children, ages 9-13	21-25 grams	5-6 tsp.
Adults	25-37 grams	5-9 tsp.

Guess which kind of sugar is in the following foods.

	Natural	Added
Apple	<input type="checkbox"/>	<input type="checkbox"/>
Cupcake	<input type="checkbox"/>	<input type="checkbox"/>
Milk	<input type="checkbox"/>	<input type="checkbox"/>
Honey	<input type="checkbox"/>	<input type="checkbox"/>
Raisins	<input type="checkbox"/>	<input type="checkbox"/>
Lemonade	<input type="checkbox"/>	<input type="checkbox"/>
Cookies	<input type="checkbox"/>	<input type="checkbox"/>
Fruit snacks	<input type="checkbox"/>	<input type="checkbox"/>
Grapes	<input type="checkbox"/>	<input type="checkbox"/>
Maple syrup	<input type="checkbox"/>	<input type="checkbox"/>

### TRUE OR FALSE?

1. I should eat candy after every meal. \_\_\_\_\_
2. Soda pop has added sugar. \_\_\_\_\_
3. Cheese contains galactose, a natural sugar. \_\_\_\_\_
4. Drinking the sugar in milk is good for you. \_\_\_\_\_
5. Treating yourself to sweets (with added sugar) is alright every once in awhile. \_\_\_\_\_
6. Fruit is healthy, even though it has sugar. \_\_\_\_\_
7. If I don't like the taste, I should add sugar. \_\_\_\_\_
8. Beans and peas make natural sugar. \_\_\_\_\_

# SODIUM

## SODIUM

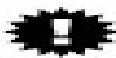
is a mineral that our bodies need in small amounts. Sodium does many things, such as help:

- muscles relax and contract.
- control the pressure which moves blood through-out our body (blood pressure).
- keep your body's system of nerves working right.

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

- Bacon
- Cheese
- Ham
- Pickles
- Nuts
- Pretzels
- Potato Chips
- Soup

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



### WHY TOO MUCH

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

How much sodium should you consume each day?

Age	Milligrams (mg)
2 years	500-1,000
4-9 years	1,000-1,500
9-13 years	boys: 1,500-3,000 girls: 1,500-2,000
14-18 years	boys: 2,200-3,400 girls: 2,000-2,800

### Figure the Fraction

If 1 teaspoon of salt has 2,000 milligrams of sodium, how much of a teaspoon is ...

575 milligrams of sodium? \_\_\_\_\_

1,150 milligrams of sodium? \_\_\_\_\_

1,725 milligrams of sodium? \_\_\_\_\_

### Who's eating too much sodium?

Jan (16 yrs. old)	Sophie (10 yrs. old)
300 mg	500 mg
200 mg	400 mg
500 mg	300 mg
total _____	total _____
Kevin (15 yrs. old)	Jason (12 yrs. old)
500 mg	500 mg
400 mg	100 mg
300 mg	200 mg
500 mg	300 mg
total _____	total _____