

# FIBER

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



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?**

Consuming the amount of fiber that

you are

**KID:** 14 grams of fiber  
25 grams of fiber

**TEEN:** 19 grams of fiber  
31 grams of fiber

**ADULT:** 25 grams of fiber  
38 grams of fiber

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 Name	Amount	Fiber (grams)
Black beans (cooked)	1 cup	15.0
Blackberry	1 cup	7.6
Apple (with skin)	1 medium	4.4
Peach	1 medium	3.1
Raspberries	1 cup	8.0
Cherries (sweet)	1 cup	3.0
Prunes (dried)	1 cup	12.0
Apples (with skin)	1 cup	4.4
Almonds	1/2 cup	3.5
Dried lima beans	1 cup	15.0
Banana	1	3.1
Orange	1	3.1
Walnut	1/2 cup	1.0
Butter, or Margarine (1/4 stick)	1 tablespoon	0.0

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

Food	How much?	Amount of fiber

**Total grams of fiber:** \_\_\_\_\_

# SUGAR

is an added empty food we eat.

### NATURAL

Some foods contain natural sugars, which are sometimes called fructose. They are found in fruits, grains, milk, and honey.



Most of the natural sugars that give your energy are found about 100 miles from your body.

### ADDED

Many processed foods are combined with sugar. This adds extra sugar to our bodies.



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

- Sucrose
- Fructose
- High-fructose corn syrup

How much added sugar do you eat each day?

Age	2018	2017
2-5 years	16.2 grams	16.2 grams
6-11 years	23.1 grams	23.1 grams
12-18 years	26.8 grams	26.8 grams

Choose which kind of sugar is in the following foods.

	Natural	Added
Apple	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>
Milk	<input type="checkbox"/>	<input type="checkbox"/>
Honey	<input type="checkbox"/>	<input type="checkbox"/>
Butter	<input type="checkbox"/>	<input type="checkbox"/>
Lettuce	<input type="checkbox"/>	<input type="checkbox"/>
Cookies	<input type="checkbox"/>	<input type="checkbox"/>
Fruit smoothie	<input type="checkbox"/>	<input type="checkbox"/>
Orange	<input type="checkbox"/>	<input type="checkbox"/>
Maple syrup	<input type="checkbox"/>	<input type="checkbox"/>

- Choose** 1-3 which naturally enter your mouth.
- Marked** 2-3 which you have added sugar.
- 1-3. Choose natural sugars, a natural sugar.
  2. Choosing the sugar in milk is good for you.
  2. Choosing processed or added sugar is not good for you.
  3. Did it really taste like it has sugar?
  2. If you're seeing sugar, it should not sugar.
  2. Beer and wine make natural sugar.

# SODIUM

is a mineral that our bodies need to control fluids. Sodium does things like help us keep:

- our bodies able to contract.
- our blood pressure when we're stressed through our nerves.
- regular heart rhythm 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 sodium:

- Bacon
- Ham
- Chicken
- Fish
- Pickles
- Cheese
- Soy sauce
- Sausages
- Butter



Many children and adults consume too much sodium. Eating foods that have too high of 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)
2-5 years	700-1,000
6-11 years	1,000-1,300
12-18 years	1,500-2,000

- Figure out whether** 2. If someone ate less than 2,000 milligrams of sodium, how much of a teaspoon is:
- 875 milligrams of sodium? \_\_\_\_\_
- 1,000 milligrams of sodium? \_\_\_\_\_
- 1,700 milligrams of sodium? \_\_\_\_\_

**Who's eating too much sodium?**

Category	2018 (mg)	2017 (mg)
Children (9-12)	2,000 mg	2,000 mg
Totals	2,000 mg	2,000 mg
Adults (20-64)	2,000 mg	2,000 mg
Totals	2,000 mg	2,000 mg