

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 oats.



FIBER is good for us, too!

- Helps us digest and pass foods that we eat.
- Makes our bodies absorb sugar slower.
- Helps lower our blood's 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 amount of fiber that is recommended is:

CHILDREN
5-10 years old: 25 grams
11-17 years old: 31 grams

ADULTS
Men: 38 grams (17-50 years) 25 grams (51-70 years) 20 grams (71+ years)
Women: 25 grams (17-50 years) 21 grams (51-70 years) 19 grams (71+ years)

ADULTS
20-35 years old: 25-30 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 (serving)	Fiber (g)	Amount of fiber
Black Beans (canned)	1 cup	25.2
Black Beans (dry)	1 cup	25.2
Apple (with skin)	1 cup	4.4
Prunes	1 cup	4.4
Chamomile	1 cup	4
Chickpeas (canned)	1 cup	4
Prunes (with pits)	1 cup	4
Almonds	1 cup	3.2
Green lentil (cooked)	1 cup	3.2
Banana	1	3.1
Cornmeal	1	3.1
Walnuts	1 cup	3.1
Wheat or Multi-Grain Bread	1 slice	1.8

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

Food name	How much?	Amount of fiber

SUGAR

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is an added energy food we eat.

NATURAL

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



- Fruits
 - Dairy products
 - Vegetables
 - Some grains
- 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 sweetened with sugar. This 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
- Lactose
- High-fructose corn syrup

How much added sugar is okay each day?

Age	Men	Women
2-18 years	25 grams	25 grams
19-50 years	36 grams	25 grams
51-70 years	30 grams	25 grams
71+ years	27 grams	25 grams

Some added sugar is in the following foods:

	Natural	Added
Apple	<input type="checkbox"/>	<input type="checkbox"/>
Chips/pretzels	<input type="checkbox"/>	<input type="checkbox"/>
Milk	<input type="checkbox"/>	<input type="checkbox"/>
Honey	<input type="checkbox"/>	<input type="checkbox"/>
Banana	<input type="checkbox"/>	<input type="checkbox"/>
Lentils/beans	<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"/>

- NOTE:** 1-3 should eat candy after every meal _____
NOTE: 2. Don't give kids added sugar _____
 3. Choose natural sweeteners, a natural sugar _____
 4. Drinking too much sugar in milk is good for you _____
 5. Drinking too much too-sweet drinks (added sugar) is healthy every once in awhile _____
 6. Good to healthy every though it has sugar _____
 7. It's better to eat the sugar, it 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:

- It helps us eat and digest.
- It helps the nerves and muscles work through our whole body properly.
- It helps our body's system of bones working right.

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

- Pickles
- Soy sauce
- Ham
- Butter
- Cheese
- Canned soups
- Bread
- Salami
- Bacon



Many children and adults consume too much sodium. Eating foods that have too much salt is not healthy for your health.



NOTE: HOW 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)
2-13 years	3,000-3,600
14-18 years	3,600-4,800
19-50 years	3,600-4,800
51-70 years	3,600-4,800
71+ years	2,300-2,700

- Figure: How Much?**
 1. Is sodium of salt less 2,000 milligrams of sodium, how much of a teaspoon is _____
 275 milligrams of sodium? _____
 1,000 milligrams of sodium? _____
 1,700 milligrams of sodium? _____

What's getting too much sodium?

Food (serving)	Sodium (mg)
100% Juice	500 mg
100% Juice	500 mg
100% Juice	500 mg
Total	1,500 mg

Food (serving)	Sodium (mg)
100% Juice	100 mg
100% Juice	100 mg
100% Juice	100 mg
Total	300 mg