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?

The recommended daily allowance of fiber is measured in grams.

CHILDREN:
1-3 years old: 19 grams
4-8 years old: 25 grams

GIRLS
9-13 years old: 26 grams
14-18 years old: 26 grams

BOYS
9-13 years old: 31 grams
14-18 years old: 38 grams

ADULTS:
Should have an 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.

| | How much? | Amount of fiber |
|---|---|---|
| Baked beans (vegetarian) | ½ cup | 10 grams |
| Broccoli (baked) | 1 cup | 5 grams |
| Apple (with skin) | 1 | 4 grams |
| Pear | 1 | 5.5 grams |
| Raspberries | ½ cup | 4 grams |
| Oatmeal (cooked) | 1 cup | 4 grams |
| Popcorn (air popped) | 3 cups | 3.5 grams |
| Almonds | 23 nuts | 3 grams |
| Spinach (cooked) | 1 cup | 4 grams |
| Banana | 1 | 3 grams |
| Orange | 1 | 3.1 grams |
| Raisins | ½ cup | 3 grams |
| Whole or Multi-Grain Bread | 1 slice | 1.9 grams |

Make a list of foods that will give you enough dairy that.

| | How much? | Amount of fiber |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | Total grams of fiber: | |

SUGAR

# SUGAR

is an added energy food we eat.

NATURAL
Some foods contain natural sugars, which are sometimes called complex carbohydrates (pronounced car-boh-HIGH-drates).

- Fruits
- Certain dairy products
- Whole grains

These are the good 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:

- Sucrose
- Glucose
- High-fructose corn syrup

How much added sugar is okay each day?

| | | |
|---|---|---|
| Children ages 1-3 | 12 grams | 3 tsp. |
| Children ages 4-8 | 16 grams | 4 tsp. |
| Children ages 9-13 | 20 grams | 5 tsp. |
| Teens and adults | 20-30 grams | 5-8 tsp. |

Guess which kind of sugar is in the following foods.

| | Natural | Added |
|---|---|---|
| Apple | ☐ | ☐ |
| Cupcake | ☐ | ☐ |
| Milk | ☐ | ☐ |
| Honey | ☐ | ☐ |
| Raisins | ☐ | ☐ |
| Lemonade | ☐ | ☐ |
| Cookies | ☐ | ☐ |
| Fruit snacks | ☐ | ☐ |
| Grapes | ☐ | ☐ |
| Maple syrup | ☐ | ☐ |

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) in small amounts 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. Bees and trees make natural sugar. _____

SODIUM

# SODIUM

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

- Our bodies retain and maintain
- control the pressure which drives blood through our vital tissue (blood pressure).
- keep your body's system of fluids 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
- Pretzels
- Potato Chips
- Salsa

Many children and adults consume too much sodium. Eating foods low in salt 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) |
|---|---|
| 1 years | 1,000-1,200 |
| 4-8 years | 1,200-1,500 |
| 9-13 years | Males: 1,800-2,200<br>girls: 1,800-2,000 |
| 14-18 years | Boys: 2,000-2,400<br>girls: 2,000-2,200 |

**Figure the Fraction**
If 1 teaspoon of salt has 2,000 milligrams of sodium, how much of a teaspoon is

1/4 milligrams of sodium? _____
1,000 milligrams of sodium? _____
1,700 milligrams of sodium? _____

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

| Lunch (grade level) | Supper (old guy, old) |
|---|---|
| 500 mg | 800 mg |
| 400 mg | 400 mg |
| 600 mg | 600 mg |
| Total | |
| **Recess (HS girl, old)** | **Dessert (5 guy, old)** |
| 500 mg | 700 mg |
| 400 mg | 1000 mg |
| 600 mg | 800 mg |
| 500 mg | Total |
| Total | |