Fantastic Fiber

Pennington Biomedical Greaux Healthy

What is fiber?

Fiber is a nutrient found only in plant foods like fruits, vegetables, and grains. Fiber cannot be digested by our bodies, but it helps our bodies in many ways.

There are two types of fiber:



Soluble fiber absorbs water and moves food slowly through the digestive system.



Insoluble fiber does not absorb water as it helps food quickly travel through the digestive system.

Why do we need fiber?

- Fiber helps you go the bathroom regularly, so you don't get constipated.
- Fiber helps feed the good bacteria in your gut.
- Fiber keeps you feeling full, so you don't get hungry too quickly.
- Fiber keeps your heart and body healthy as you grow.

How much fiber does my child need?

Add 5!

The American Academy of Pediatrics recommends adding 5 to the age of your child to find the minimum amount of daily grams of fiber needed.

For example, a 7-year-old would need at least 12 grams of fiber per day.



Eat 5!

Another simple way to make sure your child gets enough fiber is by making healthy food choices. If your child eats at least 5 servings of fruits and vegetables each day along with other foods that are good sources of fiber, there is no need to count fiber grams.



For more information: www.greauxhealthy.org /greauxhealthyPB
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What foods have fiber?



Fruits
Apples, Pears, Bananas, Kiwi, Oranges, Melons, Berries



Vegetables
Carrots, Broccoli, Cauliflower, Brussels Sprouts, Beets, Sweet Potatoes



Whole Grains
Whole Wheat Bread and Pasta, Brown Rice, Oats, Quinoa, Popcorn



Legumes
Peanuts, Beans, Peas, Lentils



Nuts
Almonds, Pecans, Walnuts



Seeds
Chia, Sunflower, Pumpkin



Fantastic Fiber Tips:

- Drink plenty of water to help fiber do its job.
- Choose whole grains instead of refined grains.
- Eat the skin of fruits and vegetables when you can.
- Add fiber to your diet slowly.

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