



FIBER

Dietary fiber, also known as roughage or bulk, includes the parts of plant foods your body can't digest or absorb.

RECOMMENDATIONS



The typical American consumes only 15 grams of fiber per day.



Beans/legumes, fruits, vegetables, whole grains, nuts, and seeds are the top sources.

Look for packaged products with 5g of fiber or more per serving.



Nutrition Facts			
Serving Size 1			
Amount Per Serving			
Calories 209	Calories from Fat 69		
% Daily Values*			
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 597mg			25%
Total Carbohydrate 31g			10%
Dietary Fiber 5g			20%
Sugars 26g			
Protein 8g			16%
Calcium 6%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

HEALTHY LIFESTYLE TIPS

EAT PLENTY OF FIBER

For every 10 grams of fiber consumed daily – slightly less than a cup of beans – the risk of colorectal cancer is reduced by 10 percent.

Get Started: Track your food intake using an app to see how much fiber you are consuming. Set a small goal to reach the recommended grams per day.

KEEP IT MOVING

- **Gradually increase fiber**– no more than 5 additional grams per day.
- **Increase fluids** as you increase fiber to avoid abdominal discomfort. Water primarily, but sparkling water, coffee, and tea all count toward your daily hydration needs!
- **Limit** processed and pre-packaged foods, which are often low in fiber.
- **Increase physical activity** to aid digestion.