



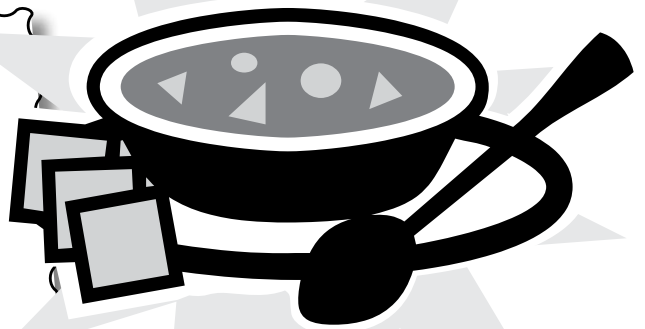
# Add Fiber to Your Diet

Having more fiber in your diet helps lower blood cholesterol and prevents constipation, and may help prevent cancer. Many people shortchange themselves on the 20 to 35 grams per day fiber recommendation. The average American consumes 10 to 15 grams of fiber per day.

**Circle the foods that are fiber-rich,** then put a star (☆) by the foods you will add to your diet.

- |                   |                  |
|-------------------|------------------|
| Whole-wheat bread | Sugar cookies    |
| Sugar             | Oatmeal          |
| Broccoli          | Fresh vegetables |
| Pinto beans       | Apple juice      |
| Ice cream         | Peas and corn    |
| Fresh orange      | Potato chips     |
| Bran cereal       | Raisins          |
| Lentil soup       | Fresh fruits     |
| Sausage           | Brown rice       |
| Fried eggs        | Bran muffins     |

Key: You should **not** have circled sugar, ice cream, sausage, fried eggs, sugar cookies, apple juice, or potato chips.



Try this easy, fiber-rich recipe.

## Split Pea or Lentil Soup

- ½ c. uncooked lentils or split peas
- 1 small onion, sliced thin
- 1 small stalk celery, chopped
- ¼ c. tomato sauce
- 2 c. water
- Salt, pepper (to taste)

Wash the lentils or peas. Put all ingredients in a kettle. Heat to boiling, cover and simmer for 30 minutes or until lentils or peas are tender.

Makes 2 cups.

*Nutrition information per cup:*  
170 calories, 7 grams (g) fiber, 0.5 g fat, 32 g carbohydrate and 11 g protein.

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North Dakota State University  
Fargo, North Dakota

# Fiber Up Your Menu

These two menus show how to modify your menu to increase the fiber and decrease the fat content by making healthier choices all day. Remember to increase your fiber intake slowly, and drink plenty of water to avoid digestive upset.

## Original Menu

Fried eggs  
White toast with butter and jelly  
Cornflakes with milk  
Apple juice  
Coffee

Canned tomato soup  
Turkey sandwich on white bread  
with mayonnaise  
Brownie  
Coffee and milk

Fried chicken  
Mashed potato with butter  
Tomato juice  
White bun  
Ice cream w/ chocolate sauce

Sugar cookie  
Potato chips  
Grape juice  
Ice cream

Approximate fiber total based on  
typical serving sizes: **3 grams**  
Approximate fat total: **115 grams**

## Fiber-rich Menu

Raisin Bran cereal with skim milk  
Oat Bran Banana Bread (see FN1458)  
Fresh orange slices  
Coffee

Split Pea or Lentil Soup  
Turkey sandwich on whole-wheat  
bread with lettuce and tomato  
Oatmeal raisin cookie  
Skim milk

Baked chicken (don't eat skin)  
Baked potato (eat the skin)  
Steamed broccoli  
Whole-grain bun  
Low-fat ice cream with strawberries

Fresh apple slices with cinnamon  
Popcorn  
Raisins

Approximate fiber total based on  
typical serving sizes: **35 grams**  
Approximate fat total: **28 grams**

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