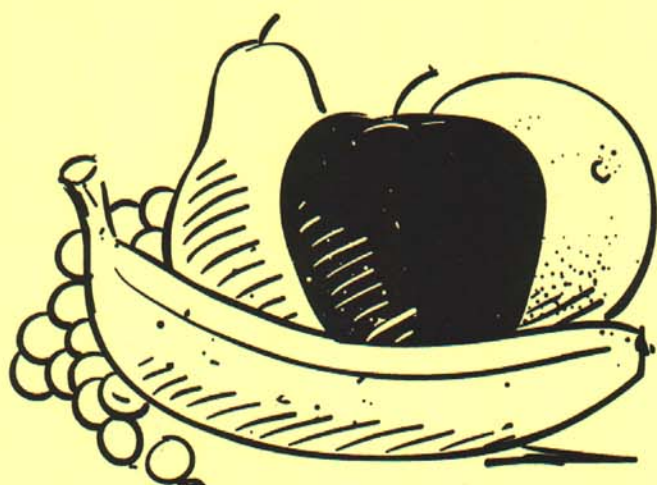


# 5 FOR FIBER



## Fiber

- helps keep bowels regular.
- helps prevent cancers: colon, breast and prostate.
- helps lower cholesterol and reduces heart disease risk.

*Eat at least 5 servings of fruits and vegetables each day to get fiber.*

## Check out ways to get fiber

- √ Eat a banana, orange or other fruit every morning.
- √ Have raisins or an apple for a snack.
- √ Eat soup with veggies for a meal.
- √ Have a baked potato with low-fat salad dressing for lunch.
- √ Slice zucchini and carrots into your salad.
- √ Try canned pears or applesauce for dessert.
- √ Eat meals with dried beans. Try beans and rice, bean soup, chili, baked beans or bean dip.

*Drink 6 to 8 glasses of water each day. Fiber and water work together to keep bowels regular.*

## Fiber in Fruits and Vegetables

<b>FOOD</b>	<b>FIBER (GRAMS)</b>
baked beans, 1/2 cup	6
pear, 1	4
apple, 1	3
orange, 1	3
bean burrito, 1	3
spaghetti sauce, 1 cup	3
banana, 1	2
grapes, 1/2 cup	2
kiwifruit, 1	2
plum, 1	2
watermelon, 2 cups	2
canned pears, 1/2 cup	2
applesauce, 1/2 cup	2
raisins, 1/4 cup	2
broccoli, 1/2 cup	2
cabbage, 1 cup raw	2
corn, 1/2 cup	2
carrots, 1/2 cup	2
greens, 1/2 cup cooked	2
green beans, 1/2 cup	2
lettuce salad, 1 cup	2
potatoes, 1/2 cup	2
vegetable soup, 1 cup	2
grapefruit, 1/2	1
lime, 1	1
peach, 1	1
celery, 2 stalks	1
vegetable juice, 3/4 cup	1
orange juice, 3/4 cup	0

This material was supported by grants to Michigan State University Extension (MSUE) from the Michigan Public Health Institute (MPHI) and the Michigan Department of Community Health (MDCH). It may be reproduced in part or whole providing the Michigan Public Health Institute, Michigan Department of Community Health and Michigan State University Extension are credited. Reprinting cannot be used to endorse or advertise a commercial product or company. MPHI, MDCH and Michigan State University are Affirmative Action/Equal Opportunity Employers. MSUE educational programs and materials are available to all without regard to race, color, national origin, sex, disability, religion or age.