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5 For Fiber

Michigan State University

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MSU with Michigan Public Health Institute and the Michigan Department of Community Health

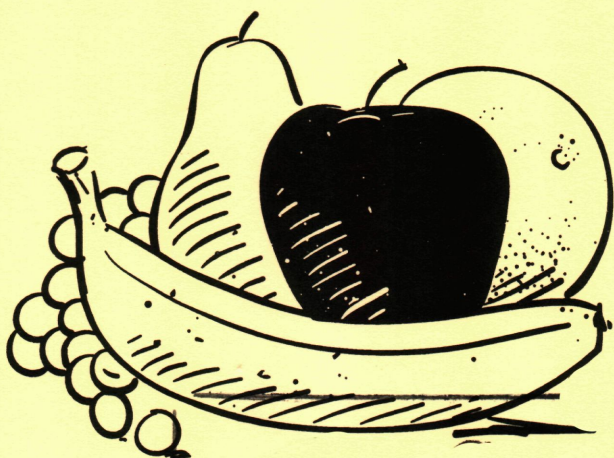
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5 FOR FIBER



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

FOOD	FIBER (GRAMS)
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

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