



Yeled v'Yalda WIC Program

1312 38th Street, 2nd Floor
Brooklyn, NY 11218
T: 718.686.3799 • F: 718.686.2199
www.yeled.org

How Fiber Works for You

Fiber is a substance found mainly in plant sources that contributes to good health in many ways. Fiber helps to keep food moving efficiently throughout the body. By its very makeup it requires that food is more thoroughly chewed, slowing the eating process and contributing to an overall feeling of satiation, preventing overeating. Fiber helps prevent:

- **Colon Cancer:** High-fiber foods help move waste through the digestive tract, keeping harmful substances from having contact with the lining of the intestines.
- **Diabetes:** Fiber helps to slow the digestion and absorption of sugar into the bloodstream, maintaining blood sugar at a constant level
- **Heart Disease:** Fiber aids in the prevention of heart disease by lowering cholesterol.
- **Digestive Problems:** Adequate amounts of fiber can help prevent constipation and hemorrhoids.





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Fill Up On Fiber!

A healthy diet should contain about 25-30 grams of fiber a day.

DRIED BEANS, PEAS AND LEGUMES

Split peas	16.3 g/cup
Lentils	15.6 g/cup
Black beans	15 g/cup
Lima beans	13.3 g/cup

GRAINS AND CEREALS

Bran flakes	5.1 g/ $\frac{3}{4}$ cup
Oatmeal	4 g/cup
Brown rice	3.5 g/cup (cooked)
Whole-wheat spaghetti	6.3 g/cup (cooked)

FRUITS AND VEGETABLES

Sweet corn	4.6 g/cup
Broccoli	5.1 g/cup
Raspberries	8 g/cup
Pear with skin	5.1 g/1 medium
Apple with skin	4.44 g/1 medium
Figs (dried)	3.7 g/2 medium
Potato with skin	4 g/1 medium

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