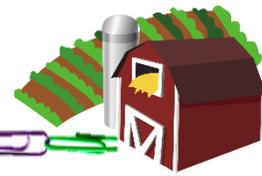




Links to Agriculture  
**Fiber Up for a Clean Sweep**



## The Importance of Fiber

Eating a variety of foods from the MyPlate Plan provides your body with many necessary nutrients. Fiber is also an important part of your diet. Fiber is the part of fruits, vegetables, and grains that is neither absorbed nor digested. Fiber helps keep your intestines working and helps prevent many diseases. Just like brushing cleans your teeth, eating fiber cleans out your intestines.

## Types of Fiber

There are two different types of fiber – **soluble** and **insoluble**. **Soluble fiber** forms a gel when it is mixed with a liquid. Good sources of soluble fiber come from oats, peas, beans, apples, and oranges. **Insoluble fiber** is the stringy material that holds plants together. It is called “insoluble” because it doesn’t dissolve in water. It is mainly found in the leaves, peels, and skins of plants, and in the coverings of whole grains.

## How Much Fiber Do You Need?

Adults need about 25 grams of fiber a day. Children and teenagers need an amount of fiber equal to their age plus five. So, if you were 12 years old, you would need 12 grams of fiber plus 5 grams of fiber or 17 grams of fiber per day ( $12 + 5 = 17$  grams).

## Fiber Tips for Kids

Here are some ways you can increase your fiber intake.

- The skins of apples and pears are rich in fiber. Don’t peel the fruit. If you don’t eat it whole, just cut it up in wedges and eat the skin too.
- Choose whole grain foods like oatmeal, brown rice, and 100% whole wheat bread.
- Be a **BEAN FREAK**. Eat lots of beans. Kidney beans are a rich source of fiber. Eat them in soup, burritos, or chili.
- Choose your lettuce wisely. Iceberg lettuce is useless as a source of fiber and any other nutrients. Spinach and romaine are healthier choices.
- Eat fresh fruits rather than canned fruits since much of the fiber is in the peel which is removed during processing.



## How Well Did You Read?



1. Why is fiber an important part of your diet?

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2. What are the two kinds of fiber?

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3. List four fiber rich foods.

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4. How many grams of fiber do YOU need each day? Show your work.

## Where is the Fiber?

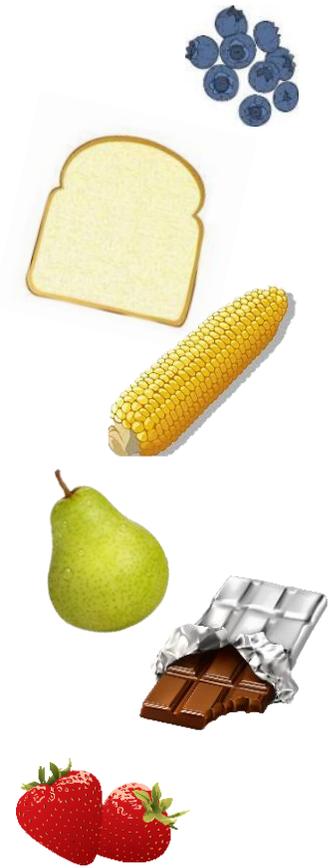
This table shows the amount of fiber found in one serving of some common foods.  
Use this information to complete the following activities.

Food (one serving)	Grams of Fiber	Food (one serving)	Grams of Fiber
Apple with skin	3.5g	blueberries	2g
Hershey bar	1g	kidney beans	7.3g
Strawberries	3.4g	peas	3.6g
Ear of corn	5g	whole wheat bread	2.8g
Frosted Mini-Wheats	3g	pear with skin	3.2g
White bread	1g	Rice Krispies	0g
Lima beans	4.5g	potato with skin	2.5g

# Food by Fiber Content

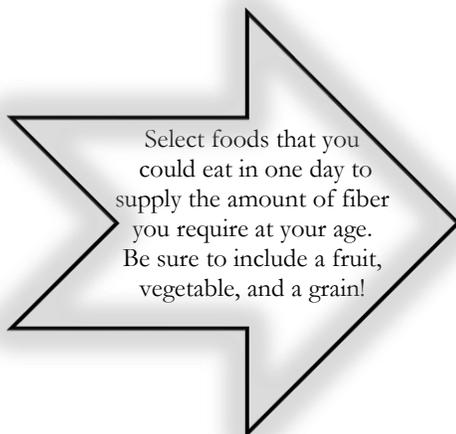
Use the table that shows the amount of fiber found in common foods.  
Order the foods from **highest fiber content** to **lowest fiber content**.

Food (one serving)	Grams of Fiber
<i>Kidney beans</i>	<i>7.3g</i>
<i>Rice Krispies</i>	<i>0g</i>



## My Daily Fiber

I need \_\_\_\_\_ grams of fiber each day.  
Here is how I could get it:



Food	Grams of Fiber
<b>Total Grams of Fiber:</b>	

## Fiber Trivia

- Fiber is found only in plant foods.

Meat and dairy products have no fiber.

1. For a food to be a GOOD source of fiber, it must have at least 3 grams of fiber per serving.
2. An EXCELLENT source of fiber must have at least 5 grams of fiber per serving.
3. The digestive tract is an amazing 28 feet long. Fiber helps move waste along this large muscle.



## Did You Know...?

Plain popcorn is one of the best things you can snack on. One serving of popcorn can give you 5 times more fiber than one serving of potato chips.

That's because popcorn gives you the whole kernel – It's a whole food. Most potato chips are processed which removes a lot of the fiber that was in the skin.

Make your snacks work for you - - go for the popcorn!!!



## Joke Time

1. What do you have when 150 strawberries try to get through the same door?
2. What kind of an apple isn't an apple?



## Joke Answer:

1. A strawberry jam
2. A pineapple



For more agricultural education lessons and resources, visit:  
[www.maefonline.com](http://www.maefonline.com)