

After reading this lesson, click the survey link at the end to answer a few questions and receive nutrition education credit for your class.

Focus on Fiber



The 2020-2025 Dietary Guidelines reports that Americans across all age groups do not eat enough dietary fiber.

Keep reading to learn how you and your family can increase your daily fiber intake with WIC.

WIC Approved Foods Provide Good Sources of Fiber!

- Whole grain options:
 - Hot and Cold Cereals (some varieties*)
 - Oatmeal
 - Bread
 - Tortillas
 - Pasta
 - Brown Rice
 - Bulgur
- Cash value benefit:
 - Fresh, Frozen, and Canned Fruits and Vegetables
- Legumes
 - Dry and Canned Beans, Peas, and Lentils

*Check Nutrition Facts label for cereal options with 10% Daily Value for fiber or more.

What is dietary fiber?

Dietary fiber is the part of plant foods that cannot be digested or absorbed. It acts as the “bulk” to help move foods through your digestive tract. Foods highest in fiber are whole grain products, fruits, vegetables, beans, peas, legumes, nuts, and seeds.

Why is fiber important?

Eating enough fiber can help:

- Lower LDL cholesterol (“bad cholesterol”)
- Keep your digestive system regular and prevent constipation
- Regulate blood sugar
- Decrease risk of heart disease and certain cancers
- Maintain a healthy weight
 - Fiber-rich foods help to keep you full, which may help you eat less

When increasing fiber in your diet it is important to do it SLOWLY; adding too much fiber too fast can cause stomach upset. Start by adding one additional fiber-rich food per day to let your body adjust. It is also important to increase the amount of fluid you drink when adding more fiber-rich foods to your diet. Fiber works best when it can absorb fluid in your digestive tract!



How can I add fiber-rich foods into my family’s daily routine?

- Read the ingredients list on packaged foods, and serve whole grain options when able.
 - Look for the “100% Whole Grain” stamp on the package.
 - Check for the word “whole” before the name of the grain in the ingredients list. Example: whole wheat or whole grain corn.
 - Choose brown or wild rice instead of white.
 - Vary your whole grains by adding quinoa, bulgur, farro, barley, and more to your menu!
- Check the Nutrition Facts label.
 - A food that provides at least 10% of the Daily Value for fiber is considered a “good source” of fiber.
 - A food that provides at least 20% of the Daily Value for fiber is considered an “excellent source” of fiber.
- Plan snacks around fiber-rich foods.
 - Examples: air popped popcorn, vegetable sticks with hummus, trail mix with dried fruit and nuts, ½ sandwich on whole grain bread.
- Choose fresh or frozen fruits and vegetables instead of juice.
- Top whole grain cereal or oatmeal with fresh fruit and nuts.
- Get creative! Add legumes to soups, stews, or salads, or substitute them for meat to make plant-based (and high fiber) meals.
 - Example: Instead of meat, try bean and cheese burritos using WIC approved pinto beans, fresh veggies, and whole grain tortillas.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Have more questions? Contact your local WIC nutritionist!

STOP!

[Click here](#) to complete the survey and receive credit



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