



Body & Brain Benefits of Fiber Foods

Since lifestyle diseases such as obesity, diabetes, heart disease, and hypertension may impair brain function our goal is to reach and maintain our healthy weight; control blood sugar; and reduce cholesterol, triglycerides, and blood pressure. An easy way to do this is to choose to eat more complex carbohydrates, that is, foods high in fiber.

High-fiber foods enhance your health in many ways:

- ✓ **Control your appetite.**
- ✓ **Give you long-lasting energy.**
- ✓ **Help you reach and maintain your healthy weight.**
- ✓ **Provide high nutrition with plenty of vitamins, minerals, antioxidants, and phytochemicals.**
- ✓ **Provide balance for blood-sugar levels.**
- ✓ **Help reduce blood-cholesterol levels.**
- ✓ **Help reduce blood pressure.**
- ✓ **Help balance hormones.**
- ✓ **Promote a healthy digestion.**
- ✓ **Enhance brain function.**

How much dietary fiber do you need each day?

Adult recommendation for dietary fiber: 30-50 grams each day.

Child's recommendation for fiber: child's age plus 5 grams.

(Example: 3-year old plus 5 equals 8 grams of fiber per day.)

Whole-grain breads: 2 - 4 gms per slice

Whole-grain cereals: 3 - 5 gms/serving

Beans: 10 - 16 gms/cup

Fruits and vegetables: 2 - 10 gms/serving