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