Eating foods that are high in fiber is a way to lower your cholesterol and is part of healthy eating. Fiber is only found in plant foods, not in dairy or meat foods. Good sources of fiber are legumes, oat products, fruits, and vegetables. The recommended amount of fiber is:

- 19 grams per day for children 1-3 years
- 25 grams per day for children 4-8 years
- Up to 38 grams for children 9-18 years

Remember that foods with 3 grams of fiber per serving is a “good source” and foods with 5 grams of fiber per serving is an “excellent source”

The amount of fiber in some foods
- Air Popped popcorn, 3 cups: 4 grams
- Whole Wheat Bread, 1 slice: 3 grams
- Multi-Grain Cheerios, 1 cup: 3 grams
- Chex Multi Bran Cereal, 1 cup: 7 grams
- Oatmeal, 1 instant packet: 3 grams
- Strawberries, 1 cup: 3 grams
- Apple with Skin, 1 medium: 3 grams
- Banana, 1 medium: 3 grams
- Baked Potato with Skin, 1 medium: 4 grams
- Cooked Broccoli, 1/2 cup: 3 grams
- Cooked Carrots, 1/2 cup: 3 grams
- Crunchy Peanut Butter, 2 Tablespoons: 2-3 grams

Here are some fun ways to eat more fiber:
- Spread crunchy peanut butter on apple slices (leave the peel on)
- Mix a high fiber cereal like Crunchy Corn Bran or Bran Chex with a lower fiber cereal like Cheerios or Kix
- Make a trail mix with higher fiber cereal (see above), dried fruits, nuts and sunflower seeds
- Make low fat popcorn balls with dried fruits and nuts
- Raw broccoli, carrots, celery and green peppers dipped in low fat ranch dressing or bean dip
- Dip apple slices (leave peel on), peach slices, and cantaloupe in low fat vanilla yogurt – by itself or mixed with low fat granola
- Make vegetable or fruit "kabobs" on popsicle sticks
- Spread crunchy peanut butter on a multi-grain “light” English Muffin or whole wheat bread
- Make a quesadilla with low fat cheese and beans on a whole wheat tortilla
- Top oatmeal with raisins

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