



A nutrition Fact Sheet



Fiber

What is fiber and why do we need it?

Fiber is the part of plant foods that is not digested. Eating plenty of fiber-rich foods can:

- Help lower your cholesterol.
- Help control your blood sugar response.
- Keep your digestive system running smoothly and prevent constipation.
- Help you feel full after eating.

Tips to Remember:

- Drink lots of fluids to keep fiber moving through your body. Enjoy at least 6 to 8 eight-ounce glasses of fluids per day to avoid constipation.
- Increase your fiber intake slowly over several weeks. This will prevent gas or bloating.
- Start your morning with fiber by having a bowl of whole grain cereal like shredded wheat, bran flakes, or oat rings.
- Check the nutrition facts label. Five grams or more of fiber is considered high. Look for whole grain bread with at least 2 to 3 grams of fiber per slice.



How much fiber?

Health experts recommend that adults eat between 20 and 35 grams of fiber daily. They also suggest a balance of soluble and insoluble fibers.

Eat plenty of both types of fiber.

Soluble fiber forms a sticky gel when mixed with liquid and acts as a scrub brush in the digestive system.

- Eat fruits and vegetables (apples, pears, potatoes, etc.) with the edible skin left on.
- Plan meals with legumes (dried beans, peas, and lentils) several times a week.
- Eat oatmeal often - as a cereal or in breads, muffins, and desserts.
- Try more foods with barley - like beef barley soup.
- Eat fruit and vegetables with seeds, like strawberries and zucchini.

Insoluble fiber passes through your digestive tract largely intact and helps lower cholesterol and stabilize blood sugar.

- Eat brown rice instead of white.
- Eat whole grain bread instead of white.
- Snack on popcorn, dried fruits, raw vegetables, and nuts.
- Choose a high-fiber cereal for breakfast.
- Eat plenty of vegetables, such as celery, broccoli, etc.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

Tangy Black Bean and Rice Salad

Yield: 3 servings • Serving Size: 1 cup

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| ½ cup chopped onion (about ½ medium) | ¼ cup rice vinegar or white wine vinegar or lemon juice |
| ½ cup chopped red or green bell pepper (about ½ medium) | ½ teaspoon dry mustard powder (optional) |
| 1 cup cooked and cooled brown rice | 1 clove garlic, chopped or ½ teaspoon garlic powder |
| 2 cups cooked black beans (or canned, drained and rinsed) | ½ teaspoon salt |
| 1 avocado, cut into chunks (optional) | ¼ teaspoon pepper |
| 1 Tablespoon chopped cilantro (optional) | 1 Tablespoon vegetable oil |
| | ½ teaspoon chili pepper flakes (optional) |

1. In a mixing bowl stir together the chopped onion, chopped red or green pepper, rice, beans, avocado, and cilantro.
2. In a jar that has a tight fitting lid add the vinegar, dry mustard, garlic, salt, pepper, vegetable oil, and chili pepper flakes. Shake until the dressing is evenly mixed.
3. Pour the dressing over the bean mixture and stir to mix evenly. Chill for at least one hour.

Southwestern Lunch Wraps

Yield: 8 servings • Serving Size: 1 wrap

- 1 cup cooked pinto beans (or canned, drained and rinsed)
- 2 cups cooked black beans (or canned, drained and rinsed)
- ¾ cup frozen corn (or canned, drained)
- 1 cup unsalted canned diced tomatoes (drained)
- Optional spices: chili powder, minced garlic, paprika, salt, and pepper
- 8 (8 inch) whole wheat tortillas
- 1 cup shredded cheddar or pepper jack cheese
- 1½ cups salsa
- Cilantro (optional)

1. Preheat oven to 350° F. Place beans, corn, tomatoes, and spices (if using) in large bowl and toss to mix. Add in cheese. Mix well.
2. Spoon the mixture evenly between the tortillas and roll up.
3. Bake for 10 minutes or until cheese is melted. Top with salsa and cilantro (if using).

Tips: Make these wraps ahead of time and freeze until ready to use. Look for low sodium salsa (less than 300 mg sodium per serving). *Adapted from USDA Mixing Bowl.*



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Nutrition Facts

3 servings per container
Serving size 1 cup (258g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 47g	17%
Dietary Fiber 12g	43%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 3mg	15%
Potassium 556mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

8 servings per container
Serving size 1 wrap (199g)

Amount per serving
Calories 290

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 520mg	23%
Total Carbohydrate 41g	15%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 2mg	10%
Potassium 316mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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