

Health Tips

for seniors

Fiber: Are you getting 20-30 grams per day?

What is fiber?

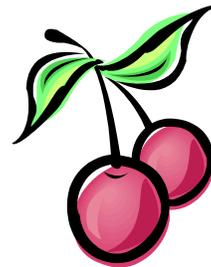
- Structural part of plants not digestible by humans

Benefits of eating fiber

- Less constipation, easier defecation
- Reduced risk of colon cancer
- Helps lower blood cholesterol levels

Excellent sources (3 grams or more per serving)

- Baked beans in sauce (1 cup = 16 grams)
- Black beans (1 cup = 15 grams)
- Figs (3 pieces = 10.5 grams)
- Baked apple (1 = 5 grams)
- Baked potato with skin (1 medium = 5 grams)
- Raspberries (1/2 cup = 4.5 grams)
- Peanuts (1/4 cup = 4.5 grams)
- Lentils (2/3 cup = 4.5 grams)
- Whole wheat bread (2 slices = 4 grams)
- Cooked greens (1 cup = 4 grams)
- Pear with skin (1 medium = 4 grams)
- Plain raw blackberries (1/2 cup = 4 grams)
- Cooked green peas (1/2 cup = 4 grams)
- Raw strawberries (1 cup = 3.5 grams)



For more information visit www.eatright.org

Erie County Department of Senior Services

(716) 858-8526 www.erie.gov/depts/seniorservices/

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