

Fiber

The Dietary Guidelines for Americans have listed fiber as a **NUTRIENT OF CONCERN** - meaning that everyone should concentrate on getting more.



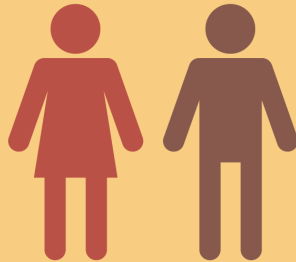
Average intake is only about **47%** of recommended amounts:



Foods containing fiber offer many health benefits such as **lowering** the risk for heart disease, aiding digestion, **controlling** weight and blood sugar.



There are **5 plant sources**:
fruits, vegetables, whole grains, beans/legumes, seeds/nuts



Recommended daily minimum intake:
25g for women and **38g** for men



Top 5 sources:
Beans, bran, split peas,
artichoke, pear

How to find it: Look at Nutrition Facts Panel

A food is a good source of fiber if it contains 10% or more of the daily value for fiber.

NUTRITION FACTS	
Serving Size 1 Bar (40g)	
Amount Per Serving	
Calories 170	Calories from Fat 60
Total Fat 7g	% Daily Value*
Saturated Fat 3g	11%
Trans Fat 0g	15%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 5g	Iron 8%