











# Easy Ways to ... Eat Enough Fiber

Fiber may lower your risk of heart disease. Most adults need **25 grams** of fiber each day. Look how easy it is!

Instead of ...		Eat ...
 Half of a bagel 1 gram of fiber	➔	 ½ cup of oatmeal <b>4 grams of fiber</b>
 A glass of juice 1 gram of fiber	➔	 One medium orange <b>3 grams of fiber</b>
 A handful of chips 1 gram of fiber	➔	 A handful of almonds <b>4 grams of fiber</b>
 A cup of white rice 0.5 gram of fiber	➔	 ½ cup of brown rice and ¼ cup of beans <b>6 grams of fiber</b>
 A pudding cup 0.5 gram of fiber	➔	 1 cup blueberries <b>3 grams of fiber</b>
<b>Total Fiber: 4 grams</b>		<b>Total Fiber: 25 grams!</b>

## Fiber Tips:

- Eat whole fruits and vegetables instead of juices which have little to no fiber.
- Most fiber is in the skin of fruits and vegetables. Wash and eat the peel.
- Check Nutrition Facts labels and choose foods with at least 10% Daily Value for fiber.
- Read the ingredients list and choose foods with whole grains listed first.

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**NYC**  
Health

*Just Say Yes* to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).