

# Dietary Fiber



Florida Department of Health  
WIC Program



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# Nutrition Facts

4 servings per container

**Serving size 1 1/2 cup (208g)**

Amount per serving

**Calories 240**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 430mg **19%**

**Total Carbohydrate** 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

**Protein** 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

\* The % Daily Value (DV) 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.

## Dietary Fiber

Many Americans do not get enough dietary fiber. Look for the dietary fiber amount on the Nutrition Facts label. This will help you include foods with dietary fiber in your meals and snacks.

The recommended amount of dietary fiber is 14 grams for every 1,000 calories of intake. Someone consuming 2,000 calories per day would need 28 grams of dietary fiber per day.



# Dietary fiber is found in a variety of foods:



- ◆ Beans, Peas, and Lentils
- ◆ Fruits
- ◆ Vegetables
- ◆ Whole Grains
- ◆ Nuts\*
- ◆ Seeds\*

\*Remember, these can be a choking risk for children under 4 years of age.

# Tips for Increasing Dietary Fiber

- Choose bread that has whole wheat flour as the first ingredient.
- Choose cereals made from whole grains.
- Try brown rice or wild rice instead of white rice.
- Try whole wheat pasta instead of regular pasta.
- Choose corn tortillas or 100% whole wheat tortillas.





# Tips for Increasing Dietary Fiber

- Canned, frozen, or fresh vegetables are a great addition to any meal. Frozen and fresh vegetables can be steamed or stir fried.
- Add fruits to salads and side dishes or use as a dessert.
- Keep raw, cut-up vegetables handy for quick snacks.



# Tips for Increasing Dietary Fiber

- Add beans, peas, or lentils to salads, soups, and side dishes.
- At 6 months of age, gradually begin giving your baby pureed vegetables and fruits, and whole grain baby cereal such as oatmeal.



- Adults and children 4 years of age and older can try unsalted nuts and seeds in place of some protein foods such as meats, chicken, and turkey.

# WIC has nutrition and cooking information on the Internet!

- Go to **WIChealth.org**.
- Sign up and complete your profile using the Family ID on your WIC Verification of Certification card.
- Click Start Lesson and then choose a lesson. There are a wide variety of lesson topics.
- Also see Health eKitchen for new recipes.

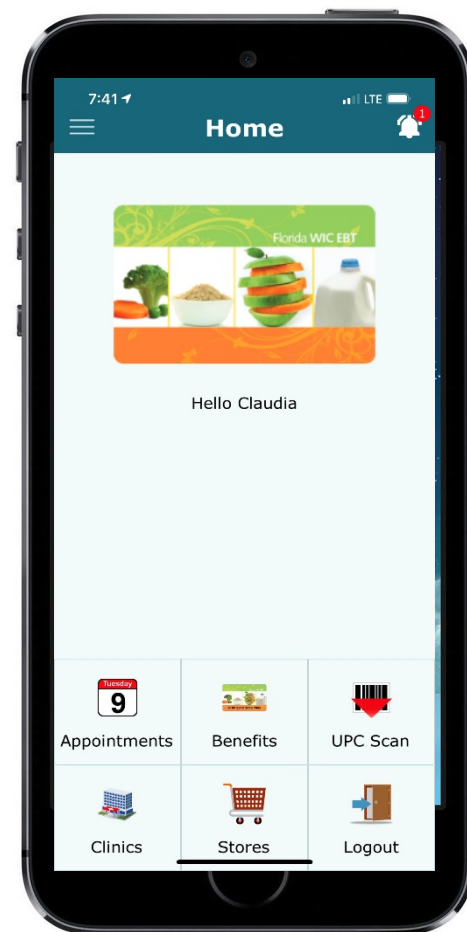


**wichealth.org**

# Use All of Your WIC Benefits

It is important for you to purchase all of the foods loaded on your WIC EBT card each month. Buy the food within the allowed dates. **Use the Florida WIC App on your Smartphone to view information about your WIC food benefits.**

To get started, visit the App Store or Google Play to install the App or scan the QR code. Use your Florida WIC EBT card to register.





# Question

What changes will you make to add more fiber to your meals and snacks?