

How much FIBER IS IN YOUR favorite foods?



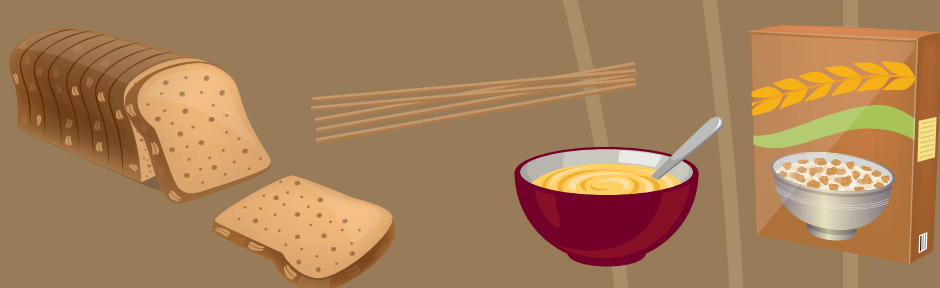
Dietary fiber is the part of plant foods that the body can't digest or absorb, passing relatively intact through the digestive system.¹

FIBER

is an important part of a balanced diet, yet ...

95%

OF AMERICANS do not meet dietary fiber intake recommendations.²



Grain and Grain-Based Foods provide a total of

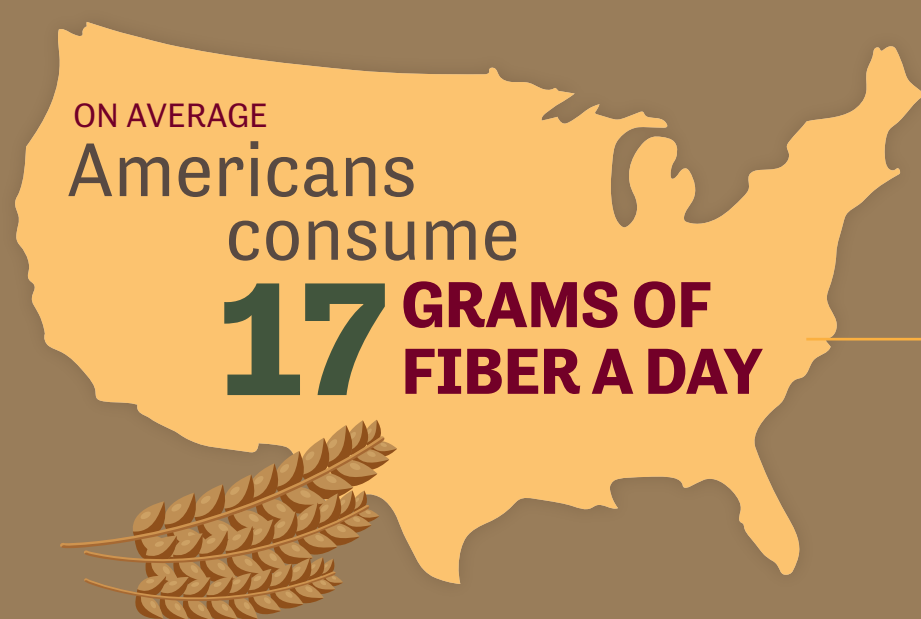
40%

OF FIBER in the diets of Americans (ages 2 years and older).⁴



Dietary fiber:³

- Aids in maintaining a healthy weight
- Lowers cholesterol
- Helps control blood sugar
- Lowers risk of diabetes and heart disease
- Aids in digestion
- Helps maintain bowel health



That's less than

32% FOR WOMEN

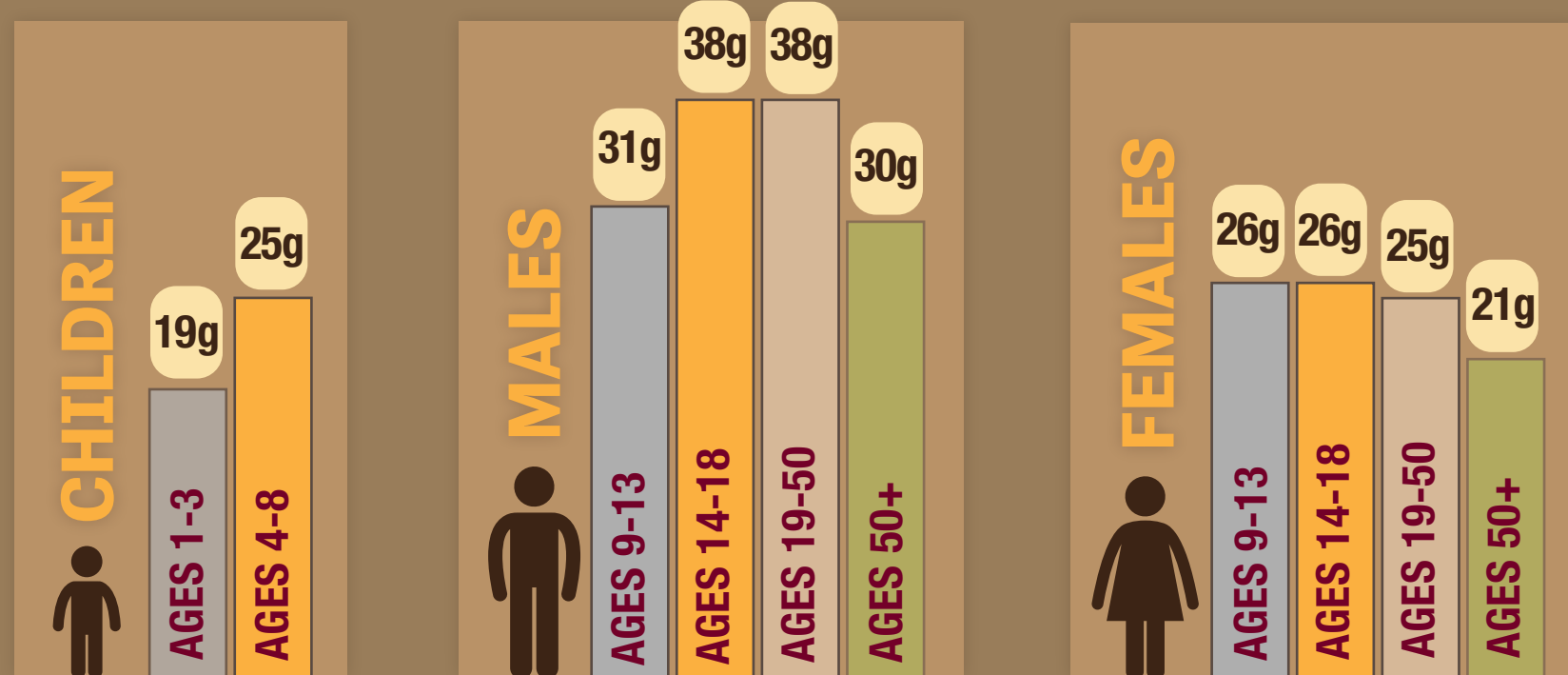


55% FOR MEN

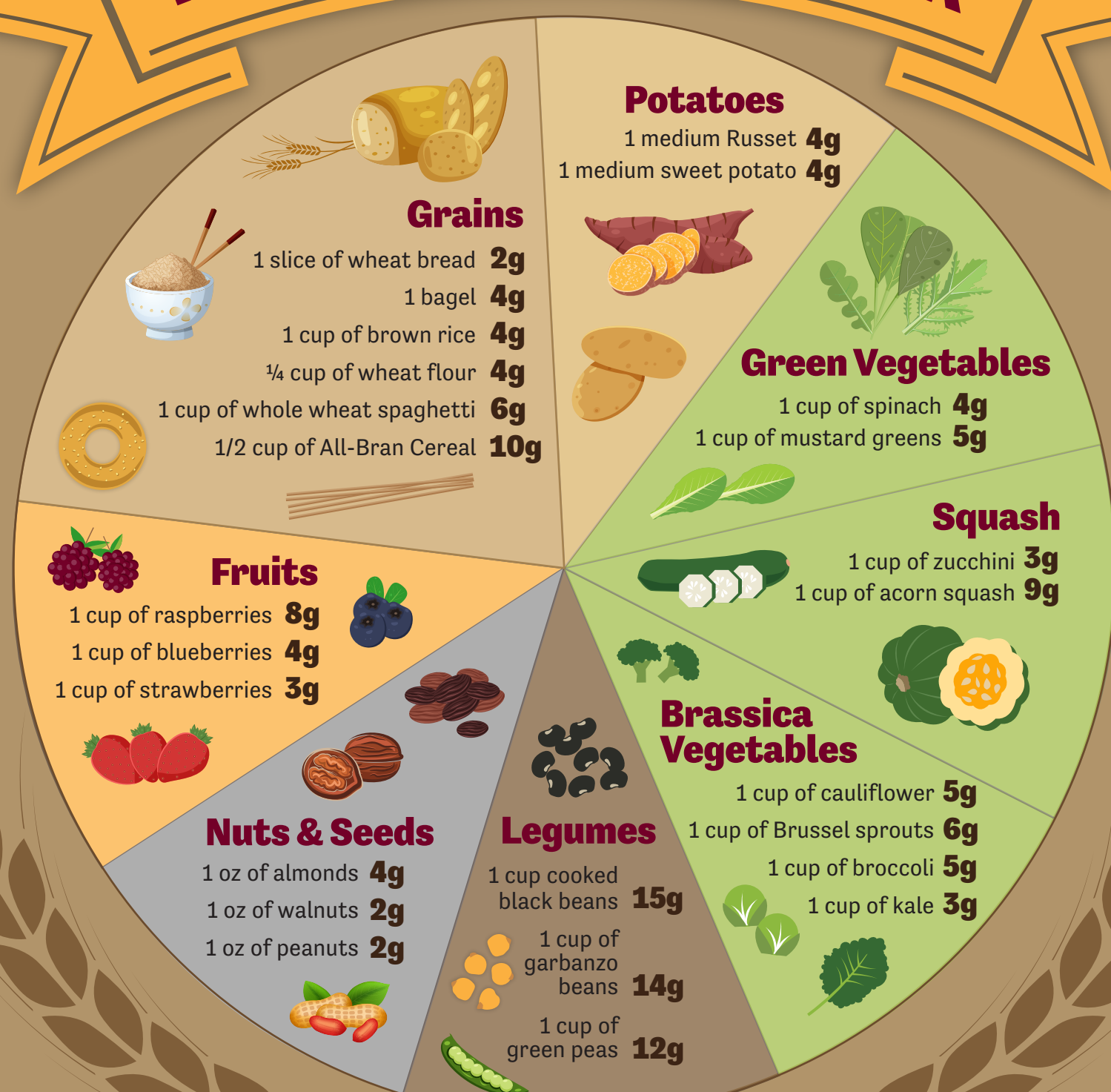


of recommended fiber intake⁵

RECOMMENDED DAILY FIBER INTAKE⁶



A SAMPLE OF TOP SOURCES OF FIBER⁷



TIPS for adding more fiber to your diet:⁸

- Start your day with high fiber cereal
- Make at least half of your grains whole grains
- Eat more fruits and vegetables
- Bake with whole-grain flour and select whole grain baked goods
- Incorporate more beans, peas and lentils into grain bowls, mixed dishes, spreads and salads



Visit the Grain Foods Foundation website for additional recipes and information on how to incorporate whole grain recipes into your diet!



www.grainfoodsfoundation.org

SOURCES

¹ Mayo Clinic Healthy Lifestyle. <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>

² U.S. Dietary Guidelines Scientific Report 2015. <http://www.health.gov/dietaryguidelines/2015-scientific-report/06-chapter-1/d1-11.asp#figure-d1-2>

³ Mayo Clinic. <http://www.mayoclinic.org/fiber/ART-20043983?p=1>

⁴ Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). National Health and Nutrition Examination Survey Data (NHANES). Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009–2012.

⁵ Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). National Health and Nutrition Examination Survey Data (NHANES). Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009–2012.

⁶ Institute of Medicine. https://iom.nationalacademies.org/~media/Files/Activity%20Files/Nutrition/DRI/DRI_Macronutrients.pdf

⁷ Today's Dietitian. <http://www.todaysdietitian.com/newarchives/063008p28.shtml>

⁸ Mayo Clinic. <http://www.mayoclinic.org/fiber/ART-20043983?p=1>