

## FACTS ABOUT



# *Fiber for Adults*

Fiber is especially important for adults. Choosing foods with soluble fiber, such as white bread, bagels and pasta, may help lower blood cholesterol, while foods with lots of insoluble fiber, whole grains, fruits, vegetables and legumes, keep your digestive system operating smoothly. Fiber-rich foods can also help control your weight when substituted for high-fat foods.

### **TIPS**

1. Add bite-sized turkey or chicken breast pieces, cantaloupe, grapes, low-fat mayonnaise, raisins and a few cashews to whole wheat pasta for a lighter version of a tasty pasta salad. Mixed and chilled, this dish is a winner for lunch or dinner.
2. Serve poultry, fish or lean meat on a bed of whole wheat couscous, bulgur or barley. Garnished with sliced oranges, raisins, parsley or a sprinkle of pecans, these tasty sides give you more fiber per mouthful.
3. Toss broccoli, spinach or sweet peppers into your favorite Oriental noodle recipe or make cold pasta salads with fresh fruits or raw vegetables. Go easy on the salad dressing or chose low-fat options.
4. Satisfy snack attacks with fresh fruit plus low-fat crackers, whole wheat crackers or fig bars. You'll get both fiber and energizing complex carbohydrates without a lot of fat. Remember, all foods are part of a balanced diet. Moderation is the key. Reward yourself with an oatmeal raisin cookie or small slice of blueberry pie.