



FIBER

New Standard

School Food Authorities shall offer meals with at least one gram of fiber per 100 calories.

This is not a new standard for Idaho Child Nutrition Programs.

Rationale

Most Americans eat only half the recommended amount of dietary fiber each day. The *2005 Dietary Guidelines for Americans* (DGAs) recommend dietary fiber intake at 14 grams per 1,000 calories, or 1.4 grams per 100 calories. The fiber nutrition standard is helping schools work towards the DGAs recommendation.

What is Fiber?

Fiber is that part of plant food that is indigestible by humans. Fiber aids in digestion, promotes health and offers protection from some diseases.

Fiber, also known as nature's scrub brush, is a key nutrient in maintaining health. Unlike other food components, fiber passes through the digestive system without being broken down and absorbed into the bloodstream. Besides helping the digestive system process foods, fiber helps to prevent diseases such as cancer, heart disease, high cholesterol, and diabetes.

Fiber comes from plant sources of foods including fruits, vegetables, legumes, grains, nuts, and seeds. The DGAs recommend that most fruits and vegetables come from whole forms because they are better sources of fiber than fruit and vegetable juices.

