
(con't) FIBER

The amount of fiber varies among different varieties of foods. The list below provides some examples of high-fiber foods:

- ½ cup beans: 5-9 grams fiber
- ½ cup lentils: 7.8 grams fiber
- ½ cup green peas: 4.4 grams fiber
- Whole wheat English muffin: 4.4 grams fiber
- 1 cup canned pears: 4 grams fiber
- Medium baked potato: 3.8 grams fiber
- ½ cup spinach: 3.5 grams fiber
- Medium apple: 3.3 grams fiber
- Medium orange: 3.1 grams fiber

Using Commodities to Meet This Standard

The USDA Food Distribution Program offers a variety of fiber-rich foods like canned dry beans (including pinto, black-eyed peas, refried and kidney beans), whole grains, and canned, fresh or frozen fruits and vegetables.

Menu Tips:

- Compare the Nutrition Facts label of foods and choose foods higher in fiber.
- Add whole grains to the menu including tortillas, breads, cereals, buns, bagels, crackers, and pasta.
- Serve brown rice or a mixture of half brown rice and half white rice.
- Serve more fruits, vegetables, and legumes.
- Breakfast is a good time to serve fiber-rich foods such as oatmeal, whole wheat muffins, whole wheat waffles, whole wheat pancakes, and fiber-rich cereals and bars.
- Provide hummus as a dip for vegetables.

Recipe Ideas

- Substitute half of the flour in your menus for whole wheat flour.
- Make whole wheat rolls to use for hoagie buns, or substitute whole wheat pasta in your spaghetti recipe.
- Replace some of the fat in cookies with beans to increase the amount of fiber (see recipe under Whole Grains on the nutrition standards website at www.sde.idaho.gov/site/cnp/nutritionStandards/).
- Add some barley or beans into your vegetable soups.
- Go onto the USDA Commodity web site for some ideas for commodity recipes at www.fns.usda.gov/fdd/recipes/byfdgrps.htm.

