



Keep Things Moving with Fiber

April - May 2007 - GA class

WHO: All WIC participants

WHY: The average American consumes 14-15 grams of fiber per day, well below the recommended amount of 20-38 grams of fiber per day. A diet rich in fiber may help prevent constipation, obesity and some chronic diseases.

WHEN: 15 minute class

WHERE: WIC nutrition education room at all 21 WIC sites in Riverside County.

MATERIALS NEEDED:

Handout, "Fill Up with Fiber"
Recipes, "What's for Dinner?"
Flip chart
True/False signs on a tongue depressor
Paper grocery bag with real food: 6 comparisons

WHAT:

- Fiber recommendation for children and adults
- How to plan one fiber rich meal

WHAT FOR: By the end of this session, participants will have:

- Reviewed fiber recommendations
- Planned one fiber rich meal

Welcome & Introduction

(1 minute)

Good morning / afternoon my name is _____ and I'd like to welcome you to our nutrition talk today. While your WIC vouchers are being processed, we will talk about the benefits of fiber. We will discuss why fiber is important and which foods contain fiber.

By a show of hands, how many of you know someone who has suffered from constipation. (Pause) Again by a show of hands, how many of you know someone who has suffered with obesity, heart disease, diabetes and/or colon cancer? (Pause)

Most of us know someone who has had at least one of these conditions. The good news is that fiber may help.

Fiber Fact: True or False?

(3 minutes)

We're going to learn facts about fiber by playing a true or false game. I have two sided red/green card cards for you. (Hold the card for participants to see.) One side has true (green) and the other side has false (red). I'm going to read a statement and I want you to hold up your card, showing if you think my statement is true or false. (Pass out cards. For large classes have participants work in groups.)

What questions do you have? (Pause for 5-7 seconds)

1. **Three million people in the United States have frequent constipation, TRUE or FALSE?**

True. Millions of dollars are spent on doctor visits and laxatives for constipation. Fiber and water can help keep you regular.

2. **Fiber does not help lower cholesterol levels, TRUE or FALSE?**

False. Soluble fiber does lower cholesterol. (E.g. apples, bananas, broccoli, carrot, oat bran, whole oats, beans, potatoes)

3. **A high-fiber meal makes you hungrier, TRUE or FALSE?**

False. Fiber is bulky and helps you feel full.

4. **Fruits and vegetables tend to be good sources of fiber, TRUE or FALSE?**

True. Many fruits and vegetables are good sources of fiber.

5. Most adults get enough fiber, TRUE or FALSE?

False. Most adults only get about half of the recommended amount of 20-38 grams of fiber a day.

6. Children do not need fiber, TRUE or FALSE?

False. Children do need fiber. To figure out how much a child needs, take their age and add 5 to it. So, a 3 year old needs 8 grams of fiber a day.

Which of these facts about fiber most surprised you?

(Pause for responses. Collect true/false cards.)

Thank you for participating in our TRUE or FALSE game.

Bag Activity

(3 minutes)

Now let's learn which foods have fiber, so that we can get the benefits we just discussed.

I have a bag with food in it and I'd like to have you reach into the bag and pull something out and then tell us how much fiber it has. (Walk around class and have participants take out one item and have them state the fiber content. The item will be labeled. Educator pull out its' applicable pair and state fiber content.)

1 medium apple 4 grams	½ cup applesauce 2 grams
1 slice whole wheat bread 2 grams	1 slice white bread 1 gram
1 medium baked potato w/skin 5 grams	2/3 cup cooked instant potatoes 2 grams
¾ cup bran flakes 5 grams	1 cup corn flakes 1 gram
1 medium orange 3 grams	6 oz. orange juice 0 grams
1 cup cooked whole wheat pasta 4 grams	1 cup cooked refined pasta 1 gram

Did anyone notice that all the foods pulled out of the bag come from plants? Fiber is not found in animal products, like meat, eggs and cheese. But it is found in fruit, vegetables, grains, nuts and beans.

Plan a High Fiber Meal

(5-6 minutes)

Now you are going to plan one high fiber meal. Your meal should have 7-12 grams of fiber.

For example: 1 cup oatmeal has 4 grams + 1 apple has 4 grams = 8 grams of fiber

By eating this for breakfast, I'm well on my way of eating the recommended amount of 20-38 grams fiber.

To help you I have a handout that lists how much fiber is in many foods. (Show and pass out handout.) Look at the list and plan one meal in which you get 7-12 grams of fiber. Your meal can be breakfast, lunch or dinner. (This section would be on the flipchart.)

What questions do you have? Go ahead. (Pause 2-3 minutes)

Let's have a few people share the meal they planned. (Pause for sharing)

Thank you for sharing.

As you increase the fiber in your meals, it's important to increase fluids as well. Drink at least six-to-eight, 8-ounce glasses of fluids a day. (E.g. water)

Conclusion (<1 minute)

Fiber is part of a healthy diet and may reduce your risk of health problems, such as constipation, obesity, heart disease and more. By choosing foods that are good sources of fiber, such as fruits, vegetables and whole grains, you can get the recommended amount of fiber.

Thank you for participating in class today.

