

## Protect yourself from colorectal cancer, Eat More Fiber!!!

- 95% of Americans do not get the RDA for fiber.
  - The average American gets only 16 grams per day.
- 90% do not get the RDA for nutrient and fiber rich produce (fruits and vegetables).
- “Refined” carbohydrates (bread, cereal, pasta) make up 42% of calories in Standard American Diet.
  - “Refined” means valuable nutrients and fiber were stripped in processing.

### How much is recommended?

- Women should get 25 grams per day and men should get 31 grams per day.

### How do we get the RDA?

#### 1) “Strive for 5”: make fruits and vegetables the foundation of your diet!

- a. Eat 5 servings of produce per day.
  - 2+ servings of fruit
  - 3+ servings of vegetables
- b. Why?
  - A serving of produce will supply approximately 4 grams of fiber; therefore, 5 servings add up to 20 grams of fiber.

#### 2) Complex Carbohydrates (from bread, cereal, and pasta).

- a. Read labels to ensure quality.
  - Ingredients: look for the term “Whole Grain” or “Whole Wheat”
  - Fiber  $\geq$  4 grams/serving and Sugar  $<$  4 grams/serving
    - Whole oats, Ezekiel bread, brown rice, and quinoa

## How to eat more fiber

The best sources of dietary fiber include:

- fruits
- vegetables
- whole grains
- legumes
- nuts
- seeds

#### 3) Nuts and seeds

- 1 serving (handful) = 4 grams of fiber!

#### 4) Legumes

- Example: black beans (1/2 cup) supply 8 grams of fiber.
- Not only a significant source of fiber, but also a great plant-based protein.
- Use: on salads, in burritos, as a side dish, as the main entrée with a side of steamed veggies.