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KIDZ EYE VIEW ... ON FIBER



Hi kids. Ever hear of fiber? Fiber is found in fruits, vegetables, grains (like bread and spaghetti and potatoes) and beans. There are two kinds of fiber. One is called soluble fiber and the other is insoluble fiber. Soluble means it partially dissolves in water. Insoluble means it does not dissolve in water. Foods with fiber in it make you feel full, and that helps to make sure you don't over eat. So, for example, if you have a candy bar for a snack, that doesn't have fiber in it and it won't stay in your stomach for very long before it is digested. But, if you have an apple, which has lots of fiber in it, it will take a longer time to digest and you won't feel hungry for a longer period of time. Also, if you eat food with fiber on a regular basis, you'll always have an adequate amount of fiber in your body and when you have the right amount of fiber in your body, that helps move food through your digestive system. And know what's so great about that? Well, that protects you against constipation so that you go to the bathroom on a regular basis without any problems.

Here are some fun facts about a few fruits and vegetables that I like ... and I liked them even before I knew what fiber was!

Tree-like **broccoli** is a great snack when it's raw. You can dip it in a healthy, low-fat dip or salad dressing (like yummy Ranch), or you can eat it steamed (and sprinkle a little cheese on top). Did you know that when you eat broccoli, you'll get Vitamin A, Vitamin C and fiber! Broccoli is a super vegetable!! Eat some crunchy, green broccoli today!



Apples are a fun treat to eat because they come in so many different varieties, sizes and colors. Apples are crunchy and juicy and have lots of fiber to help keep you healthy. Did you know that some varieties are so small they can fit in your pocket? Wow!



A **sweet potato** is sometimes called a "yam" but that's just not right. There are BIG differences between sweet potatoes and yams. Sweet potatoes are more nutritious than yams. Did you know that sweet potatoes are one of the most nutritious, delicious and versatile vegetables around? Their orange color tells you they contain a lot of Vitamin A. They're also rich in Vitamin C and are a good source of fiber. Did you know that sweet potato tastes great raw? That's right. Just peel, then cut into strips and eat raw as a snack! You'll be surprised about how sweet and juicy they are. Try one each week!

