

# THE HEALTHY KIDS TIMES

Fiber, Serving Size

Grades 3-4

NUTRITION NEWS AND MORE FOR YOUR FAMILY

*Dear Parent,*

Your child has been learning about vegetables. Vegetables are naturally low in fat. Set a good example by eating vegetables with your child. Offer vegetables prepared in a variety of ways—cooked, baked, grilled or fresh.

## Tips in Preparing and Storing Vegetables

- ◆ **Wash.** Wash thoroughly before cooking. Trim as little as possible. Try to eat vegetables with the skin on. The skins contain vitamins and minerals.
- ◆ **Heat.** Don't overcook vegetables. Kids usually like them a little crunchy, not soft. The B vitamins and Vitamin C are destroyed by heat if overcooked.
- ◆ **Cook.** Some vitamins dissolve in water. Cook in as little water as possible. Keep the cooking container covered to decrease cooking time.

## Easy Ways to Eat More Vegetables

Top baked potatoes with chopped vegetables.

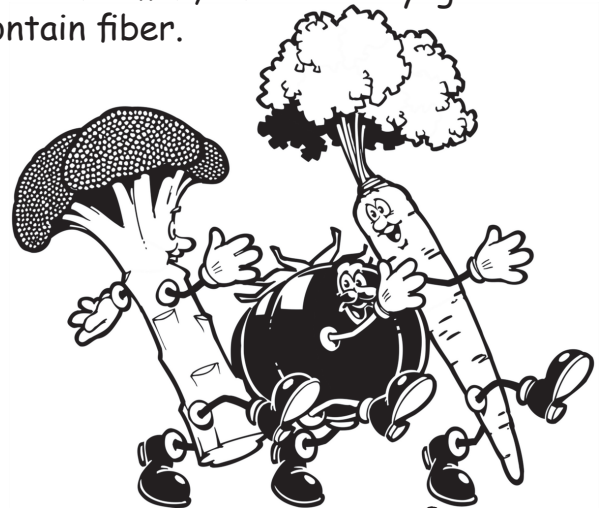
Add frozen or canned vegetables to rice or pasta during the last 5 to 10 minutes of cooking time.

Top burgers or sandwiches with lettuce and tomato slices.

Add a variety of chopped vegetables to salads.

## Fiber in Your Food

Fiber is an important part of our diet. Fiber helps keep our digestive tract healthy. Fiber is found only in plant-based foods like fruits, vegetables and grains. Meats and dairy products like milk, cheese and yogurt do not contain fiber.



## How Much Should You Eat?

Eat about 2½ cups of vegetables each day. Sometimes it is hard to decide what 1 cup of vegetables look like. Here are some examples.

1 small potato (2¾ inches across) = 1 cup

1 large corn cob (8 inches long) = 1 cup

12 baby carrots = 1 cup

1 large sweet potato = 1 cup

Sometimes it helps to compare volume to an item commonly found at home.

1 cup raw vegetables = size of a baseball

½ cup carrots = size of a small computer mouse

10 medium French fries = ½ cup = size of a deck of cards

Parents and Kids,

Not every food has the same amount of fiber. Below is a chart that tells you how many grams of dietary fiber are in a serving of vegetables. Use the chart to help you answer to following questions. Circle the correct answer.

Which has more fiber?

1. a baked potato with the skin OR a baked potato without the skin
2. 8 cherry tomatoes OR 1 cup of leaf lettuce
3.  $\frac{1}{2}$  cup of broccoli OR  $\frac{1}{2}$  cup of green beans
4. 1 medium ear of corn OR  $\frac{1}{2}$  medium bell pepper
5.  $\frac{1}{2}$  medium cucumber OR 8 baby carrots

<u>Vegetable</u>	<u>Serving Size</u>	<u>Dietary Fiber, grams</u>
Bell Peppers	$\frac{1}{2}$ medium bell pepper	1.0
Broccoli	$\frac{1}{2}$ cup raw or steamed broccoli	1.1
Carrots	1 medium carrot or 8 baby carrots	1.7
Corn	$\frac{1}{2}$ cup cooked corn or 1 medium ear	2.4
Cucumbers	$\frac{1}{2}$ of a medium cucumber	0.8
Green Beans	$\frac{1}{2}$ cup raw or steamed green beans	1.9
Leaf Lettuce	1 cup chopped lettuce	0.5
Potatoes	1 medium potato, baked with skin	3.6
Potatoes	1 medium potato, baked without the skin	2.3
Tomatoes	1 medium tomato or 8 cherry tomatoes	1.6

Answers: #1, baked potato with the skin; #2, 8 cherry tomatoes; #3 green beans; #4, medium ear of corn; and #5, 8 baby carrots.



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