## Step by Step Goal Setting Parenting Tips

## Raise Your Fiber

## Amount of Fiber **Food Sources** Cooked or canned dry beans like pinto, kidney, and black **7-10 grams** beans-1/2 cup per serving • Bran cereals-1 cup • Fresh pear-1 4 to 7 grams Green peas or mixed per serving vegetables- 1/2 cup cooked • Barley-1/2 cup cooked • Whole wheat pasta-1/2 cup 3-4 grams • Sweet potato-1 medium per serving • White potato-1 medium • Spinach-1/2 cup cooked Orange-1 • Banana - 1 medium Apple-1 medium Strawberries-1 cup 2-3 grams Carrot- 1 raw per serving • Broccoli-1/2 cup cooked Whole wheat bread-1 slice • Oatmeal- 1/2 cup cooked • Mango or papaya-1/2 cup 1-2 grams •Tomato-1/2 cup or 1 medium per serving • Brown rice-1/2 cup cooked • Melon-1 cup pieces