KIDS IN NUTRITION

KIDS IN NUTRITION ™

THE FIBER LESSON



info@kidsinnutrition.org
www.kidsinnutrition.org
@kidsinnutrition

MESSAGE OF THE WEEK

Dear Parents,

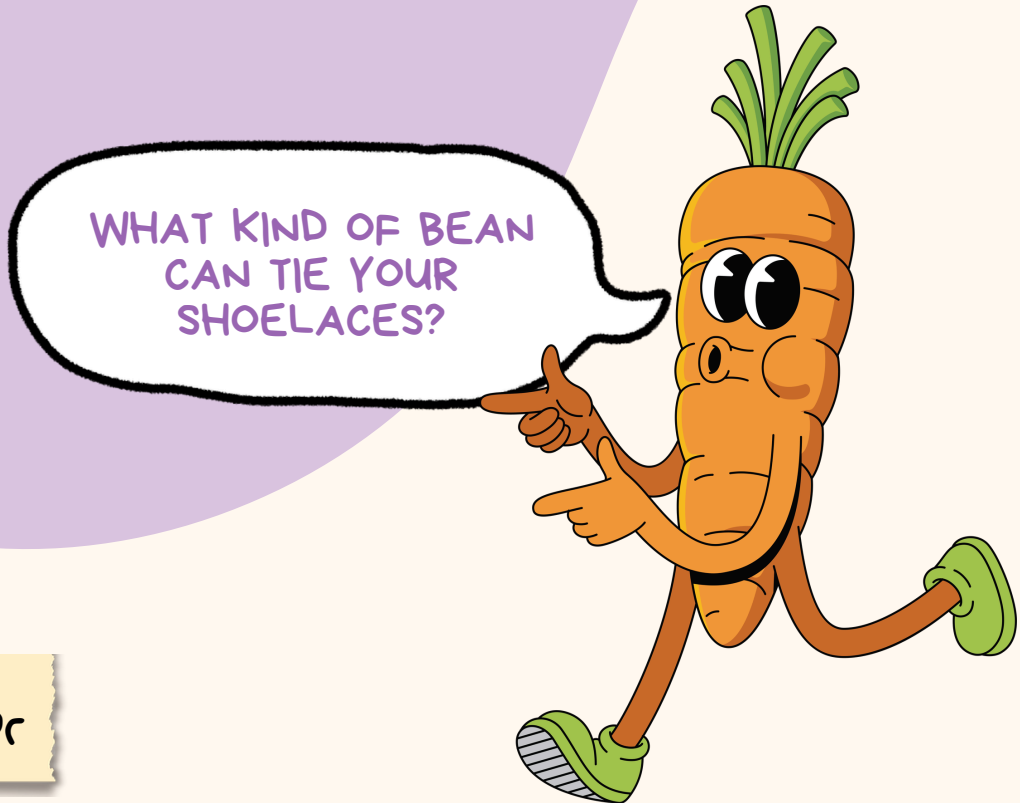
Greetings! Kids In Nutrition (KIN) is here to teach your child about the superpowers of fiber!

In this lesson, students learn why our bodies need fiber, how it keeps us healthy, and how to spot it on a nutrition label. We also brainstorm creative ways to add fiber-rich foods to a balanced plate.

We hope your child shares something they learned with you today!

Warmly,
Kids In Nutrition

KIDS IN NUTRITION ™



Joke Answer: A string bean!

THE FIBER LESSON

Kids In Nutrition

KIDS IN NUTRITION ™

THE FIBER LESSON: KEY POINTS



1) Practicing Moderation

Moderation means **learning how to enjoy the things you love,** like sweets and treats, in a way that feels good for your body and mind **without overdoing it**.



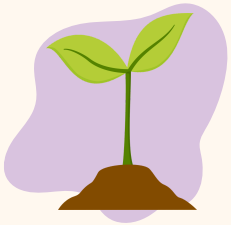
2) A Balanced Plate

A balanced plate is a colorful mix of food that includes **fruits and vegetables** for energy, **protein** for strong muscles, and **whole grains** to keep you fueled all day long.



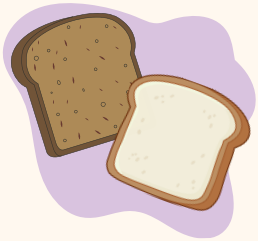
3) Fiber and Why It's Important

Fiber is a **nutrient** found in many foods such as whole grains, beans, fruits, vegetables, nuts, and seeds. It gives you energy, keeps you full, helps you sleep at night, **and "sweeps" your digestive system** to help you poop!



4) Fiber Comes From Plants

All foods with fiber have one thing in common... **they all come from PLANTS**! Fruits, vegetables, whole grains, beans/legumes, nuts, and seeds are all high in fiber!



5) Whole Grains vs. Ultra-Processed Grains

Whole grains have fiber because their outer fiber shell hasn't been removed, like whole wheat, brown rice, quinoa, barley, and oats. **Ultra-processed (white) grains lose this fiber shell during processing**, which is why foods like white bread and white rice don't have much fiber left.



6) Nutrition Labels

You can use a nutrition label to **find the amount of fiber in your food**. You can also use it to find the serving size, added sugar, type of fat, protein, and sodium (salt).

How to Find Fiber on a Nutrition Label

KIDS IN NUTRITION ™

Step 1: Serving Size

Step 2: Fats

Step 3: Sodium

Step 4: Fiber

Step 5: Sugar

Step 6: Protein



Kids In Nutrition

WEEKLY CHALLENGE

THE FIBER LESSON

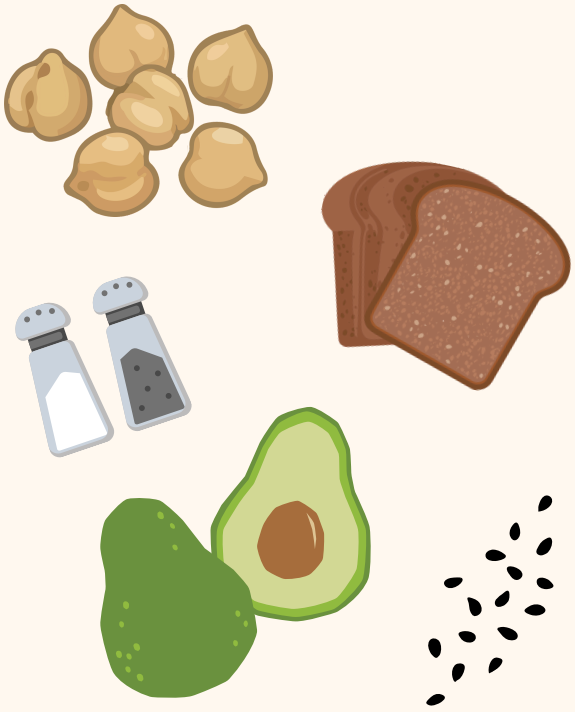
Try to eat fiber with every meal this week! An easy way to do this is to Eat the Rainbow!



HINT: Fruits, vegetables, whole grains, nuts, seeds, and legumes can ALL be different colors of the rainbow, helping you get all the nutrients you need!

Fantastic Fiber RECIPE

BREAKFAST TOAST



PREP TIME: 5 minutes

SERVINGS: 1

INGREDIENTS:

- ⅔ Cup of Canned Garbanzo Beans (Chickpeas), rinsed
- 1 ½ Teaspoon of Lemon Juice
- Pinch of Salt
- Pinch of Black Pepper
- 2 Slices of Whole Wheat Bread, toasted
- One Avocado, thinly-sliced
- Everything Bagel Seasoning

INSTRUCTIONS:

1. Mash the chickpeas with lemon juice, salt, and pepper.
2. Spread the chickpea mixture on the toast.
3. Add half of the avocado on top of each slice of bread.
4. Season with Everthing Bagel Seasoning, and enjoy!



ESTIMATED COST: $1.67 per serving

GRAMS OF FIBER: Around 7-10 grams per serving

FIBER SPOTLIGHT

Fiber is vital for preventing chronic disease, and most of us don't get enough!! We should aim for 25-35g of fiber each day!

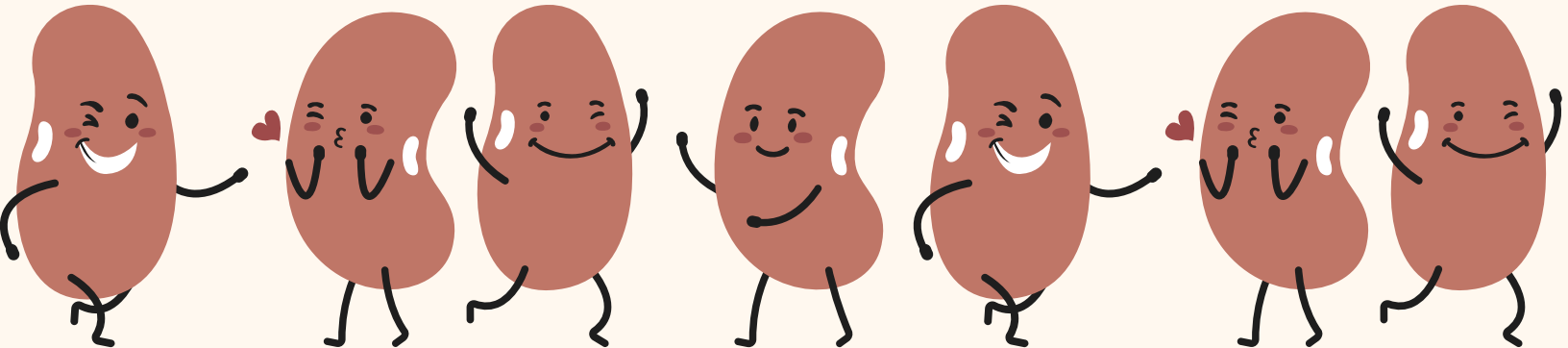






FIBER

Beans are a source of *soluble fiber*, which not only helps you poop but can also lower cholesterol, stabilize blood sugar, maintain gut health, and promote satiety!



KIN wants to hear from you!

We welcome you to fill out this short **family feedback survey**. Your input helps improve our programs for students across the country!

Additional Resources

Newsletters (English and Spanish)

Food Access Information

Nutrition Labels

Recipes

Grocery Tips & Tricks

Worksheets

KINcentive Challenges

THANK YOU & SEE YOU NEXT WEEK!

KIDS IN NUTRITION ™



info@kidsinnutrition.org www.kidsinnutrition.org @kidsinnutrition