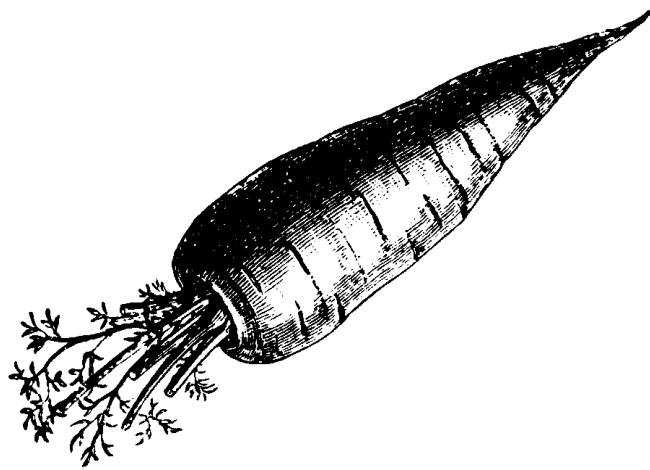


DFC Nutritional Tours

A Rough Guide to Fiber



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Americans, sadly, average only 12-15 grams of fiber a day, about half of the amount generally recommended. Since low fiber consumption has been linked to heart disease, type 2 diabetes, diverticulosis and constipation, not getting enough could be a real problem.

What is fiber? Simply put, it's the less digestible part of carbohydrates. Soluble fiber – found in oats, nuts & seeds, legumes and some fruits – partially dissolves in water. Insoluble fiber – found in whole grains and many vegetables – does not dissolve. While both types of fiber “count” towards your 30 grams a day, various studies have linked different types of fiber to different health benefits. Harvard studies, for example, found that the insoluble fiber found in cereal grains was particularly beneficial in reducing heart disease. As a general rule, fiber from a variety of whole food sources is your best bet.

Fiber Supplements – While fiber supplements such as Metamucil may be useful in alleviating constipation, no studies have been done to determine if the health benefits offered by dietary fiber are also offered by supplements. Since most fiber supplements, such as Metamucil, are mostly psyllium seed husk with added flavorings, they don't contain the nutrients found in whole foods.

The Rather Vulgar Paragraph – Fiber profoundly affects digestion. When you increase your fiber consumption, you'll probably notice an increase in intestinal gas. Increasing fiber gradually, and maintaining a steady intake of fiber, will help minimize the gassy problems. You may also need to increase your liquid intake, since fiber absorbs and retains water in your system.

Fiber Filled Yogurt? Many natural foods yogurts now contain inulin, a fiber usually made from chicory root. While it does boost your fiber consumption (2 grams per 6 oz. of Stonyfield Farms yogurt) inulin can cause digestive problems in some people.

Foods Full of Fiber – Fiber is particularly easy to get if you're a Co-op shopper! Dried fruits, whole grains, fresh fruits and vegetables and seeds are all good sources of fiber. Many prepared foods from natural foods companies are higher in fiber than their conventional equivalents. Check the Nutrition Facts panel on packaged foods and Bulk Bins for fiber content. The “Rough Top Ten” Produce items are listed below. Our Health Notes Kiosk (located on the back side of

the GM case, facing the vitamins) has nutritional information for other produce items. And, to make it super easy for you, you can refer to our Rough Meal Suggestions on the next page.

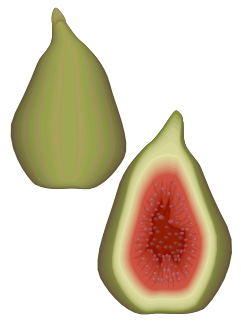


Rough Top Ten The Best Fiber Filled Produce!

Item & Serving Size – peel included unless otherwise noted	Grams per serving
Raspberries, 1 cup	9.2
Peas, 1 cup	8.8
Artichoke, 1 medium, cooked	6.5
Brussels Sprouts, 1 cup	6.4
Pear, 1 medium	5.1
Turnip Greens, boiled, 1 cup	5.0
Potato, baked with skin, 1 medium	4.4
Corn, 1 cup	4.2
Apple, with skin, 1 medium	3.3
Blueberries, 1 cup	3.5



Rough Guide to Eating



3 Fab Breakfasts

2 Van's frozen waffles with ½ cup blueberries on top (9 grams)

1 cup non-fat vanilla yogurt with ½ cup raspberries, two pieces of Alvarado Street Sprouted whole wheat toast (10 grams)

1 cup cooked oatmeal with ½ cup dried cranberries (14 grams)

3 Super Lunches

1 Amy's frozen bean & cheese burrito and a nice fresh pear (8 grams)

1 cup Walnut Acres Country Split Pea Soup with five Akmak crackers (16 grams)

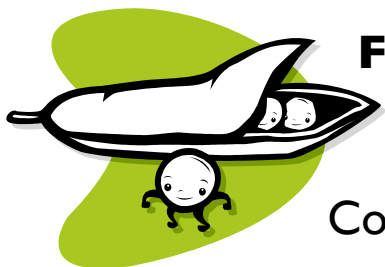
½ cup Emerald Valley hummus, 2 Dr. Kracker Pumpkin Seed flatbread and 8-10 baby carrots (18 grams)

3 Speedy, Yummy Dinners

3 cups of stir fried veggies with 1 cup of brown rice (9 grams)

1 Tasty Bite Jodhpur Lentils with 1 cup of cauliflower and 1 cup whole wheat couscous (13 grams)

1 cup Health Valley Chili served over 1 Original Garden Buger on a toasted Orowheat whole wheat bun (18 grams)



Fiber-licious Ready to Eat Snacks

Dried Turkish Apricots (6 halves, 5 grams)

Country Choice Oatmeal Bars (1 bar, 4 grams)

Newman's Own Organic Spelt Pretzels (20 pretzels, 4 grams)

Barbara's Whole Wheat Fig Bars (4 cookies, 4 grams)

Woodstock Farms Organic Campfire Trail Mix (1/2 cup, 6 grams)

Rebar Energy Bar (1 bar, 6 grams)