



Fiber, Fiber and more Fiber...

The average American eats only 12-15 grams of fiber a day.

The goal should actually be 25 grams/day for women under 50 and 21 grams/day for women over 50.

For men under 50 the goal is 38 grams/day and 30 grams/day for those over 50.

However, even eating as much as 60 grams day is acceptable.

For children, just add 5 to their age and that's their goal.