



Career Spotlight

Live.Life.Healthy

Dietitians - Dietitians work alongside people to advise on healthier eating habits. This career requires excellent people skills as they work with their clients to make better choices involving their diet as well as an extensive knowledge on nutritional values in foods and the human body.

Future Dietitians Take:

- Health
- Food Science

How Dietitians Benefit Agriculture:

- Promote all foods in agriculture
- Can act as connector between farm and public

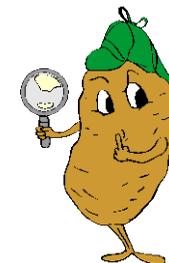


Mobile Ag on the Go ~ Links to Agriculture

Multiple Fiber Suspects



Eating a variety of foods from the Food Guide Pyramid provides your body with many necessary nutrients. Fiber is also an important part of your diet. Fiber is the part of fruits, vegetables, and grains that is neither absorbed nor digested. Fiber helps keep your intestines working and helps prevent many diseases. Just like brushing cleans your teeth, eating fiber cleans out your intestines.



There are two different types of fiber - **soluble** and **insoluble**. **Soluble fiber** forms a gel when it is mixed with a liquid. Good sources of soluble fiber come from oats, peas, beans, apples, and oranges.

Insoluble fiber is the stringy stuff that holds plants together. It is called "insoluble" because it doesn't dissolve in water. It is mainly found in the leaves, peels, and skins of plants, and in the coverings of whole grains.



How Much Fiber Do You Need?

Adults need about 25 grams of fiber a day. Children and teenagers need an amount of fiber equal to their age plus five. So if you were 12 years old, you would need 12 grams of fiber plus 5 grams of fiber or 17 grams of fiber per day (12+5=17 grams).



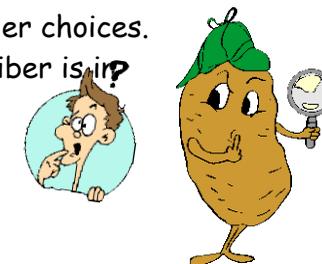
Fiber Tips for Kids

Here are some ways you can increase your fiber intake.

- The skins of apples and pears are rich in fiber. Don't peel the fruit. If you don't eat it whole just cut it up in wedges and eat the skin too.
- Choose whole grain foods like oatmeal, brown rice, and 100% whole wheat bread.
- Be a **BEAN FREAK**. Eat lots of beans. Kidney beans are a rich source of fiber. Eat them in soup, burritos, or chili.
- Choose your lettuce wisely. Iceberg lettuce is useless as a source of fiber and any other nutrients. Spinach and romaine are healthier choices.
- Eat fr... the pe

What Do You Remember?

Why is fiber an important part of your diet?



Farm Facts

Eating an apple, fresh from the farm (with the skin on) provides not only a good tasting snack but apples also:

- have only 80 calories.
- are a good source of fiber.
- contain very little sodium.
- may keep the dentist away, since it acts like a toothbrush keeping your teeth clean.

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What do you have when 150 strawberries try to get through the same door?

Joke Answer
 A. A Strawberry
 Jan



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