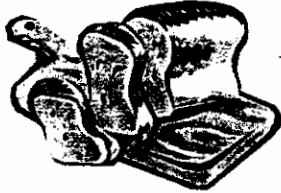


Fiber

What Is Fiber?

Dietary fiber is the part of plant material in our diet that is resistant to digestion by the human gastrointestinal tract.

There are two types of fiber—soluble and insoluble. Examples of foods rich in soluble fiber are oat bran, fruits, vegetables, brown rice, barley, and nuts. Examples of whole grain foods rich in insoluble fiber are wheat bran and whole-grain breads and cereals.



Why Eat Fiber?

Eating fiber has many benefits. Eating soluble fiber has been shown to reduce the risk of developing heart disease by reducing cholesterol levels.

Eating insoluble fiber has been shown to reduce the risk of developing constipation, colitis, colon cancer, and even hemorrhoids. Diabetics on high-fiber diets need much less insulin. Because fiber fills you up without adding calories, it can help prevent and treat obesity. Vegetables, fruits, nuts, and whole grains also have high amounts of vitamins and minerals necessary for healthy body functioning.

An additional benefit of eating foods rich in fiber is that they taste good.

How Much Fiber?

There is no RDA for fiber, but the American Dietetic Association recommends eating 20-35 grams of dietary fiber from a variety of food sources every day. Most people in the United States average only 5 to 10 grams.

Where Can I Get Fiber?

Here is a list of fiber-rich foods and how many grams of fiber they contain per serving:

	Grams
• All Bran	12
• Peanuts	8
• Raisin Bran or Grape Nuts	7
• Peas/lima beans	7-8
• whole wheat pasta	4
• 1 medium apple	4
• whole wheat bagel	3
• 1 medium banana	3
• whole wheat bread	1.5

Be sure to read the food labels. Choose foods that name one of the following whole grain ingredients first on the food label ingredient list: brown rice, bulgar, oatmeal, whole oats, whole rye, whole wheat, cracked wheat, or whole grain corn.

Increasing Fiber Intake

Here are several easy ways to increase dietary fiber:

- Use fresh or dried fruits as desserts and snacks.
- Leave fiber-rich skins on fruits and vegetables when possible. Raw veggies and fruits have more useful fiber.
- Substitute whole grain products for refined products in your diet.

Remember...

- Accompany your increase in fiber with an increase in water.
- Increase fiber gradually.
- Eat foods high in fiber, not fiber-containing supplements.
- Eat a variety of fiber-rich foods.
- Too much fiber (50+ grams per day) may be unhealthy.

Adapted from: Colon Cancer Prevention. American Cancer Society Personal Health, Perspectives & Lifestyles, 2nd ed.



Nutrition: High Fiber Foods

To increase fiber intake over you usual diet:

- include ¼ to ½ cup of bran daily
- include whole grain breads, cereals, flours, and other whole grain products
- increase consumption of vegetables and fruits, especially those with edible skins, seeds, and hulls
- include 25 to 30 grams of fiber each day

Guidelines:

- evaluate what you are eating now and gradually increase your fiber intake
- drink lots of fluid – at least 8 to 10 cups a day. Examples: water, decaffeinated coffee or tea, lemonade, juice, and milk
- exercise consistently to promote bowel regularity and good health

Here are some high-fiber foods to choose more often:

Breads & Cereals	Serving	Calories	Grams of Fiber
All Bran Extra Fiber™	½ cup	60	13.0
Fiber One™	½ cup	60	12.0
All-Bran Fruit & Almonds™	2/3 cup	100	10.0
100% Bran™	½ cup	75	8.4
All Bran™	1/3 cup	70	8.5
Bran Buds™	1/3 cup	75	7.9
Bran Chex™	2/3 cup	90	4.6
Corn Bran™	2/3 cup	100	5.4
Cracklin' Oat Bran™	1/3 cup	110	4.3
Bran Flakes	¾ cup	90	4.0
Grapenuts™	¼ cup	100	1.4
Air-popped popcorn	1 cup	25	1.0
Whole-wheat bread	1 slice	60	1.4
Whole-wheat spaghetti	1 cup	120	3.9

Legumes, cooked	Serving	Calories	Grams of Fiber
Kidney beans	½ cup	110	7.3
Lima beans	½ cup	130	4.5
Navy beans	½ cup	110	6.0

Vegetables, cooked	Serving	Calories	Grams of Fiber
Beans, green	½ cup	15	1.6
Broccoli	½ cup	20	2.2
Brussel sprouts	½ cup	30	2.3
Cabbage, red and white	½ cup	15	1.4
Carrots	½ cup	25	2.3
Cauliflower	½ cup	15	1.1
Corn	½ cup	70	2.9
Green peas	½ cup	55	3.6
Kale	½ cup	20	1.4
Parsnip	½ cup	50	2.7
Potato, with skin	1 medium	95	2.5
Fruit:			
	Serving	Calories	Grams of Fiber
Apple	1 medium	80	3.5
Apricot, fresh	3 medium	50	1.8
Apricot, dried	5 halves	40	1.4
Banana	1 medium	105	2.4
Blueberries	½ cup	40	2.0
Cantaloupe	¼ melon	50	1.0
Cherries	10	50	1.2
Dates, dried	3	70	1.9
Grapefruit	one half	40	1.6
Orange	1 medium	60	2.6
Peach	1 medium	35	1.9
Pineapple	½ cup	40	1.1
Prunes, dried	3	60	3.0
Raisins	¼ cup	110	3.1
Strawberries	1 cup	45	3.0

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