

FIBER FACTS

What is fiber?

- Fiber is the carbohydrate or starch that our bodies cannot digest.
- Fiber acts as a broom to sweep out the digestive tract.
- Dietary fiber is found only in plant foods.
- Common food sources of fiber are fruits, vegetables and whole grains.

What types of fiber are there?

There are 2 types of fiber. Water soluble and insoluble fiber.

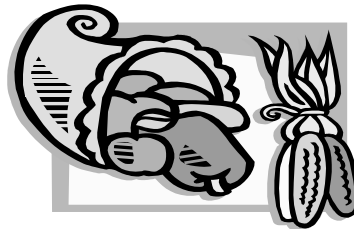
1. Insoluble fiber passes through the gut quickly.

- It can prevent constipation
- It can help prevent infections of the gut.
- It can also help prevent hemorrhoids, heart disease and may prevent some types of cancer.
- Food sources include fruits with skins, uncooked vegetables, nuts, legumes, bran, brown rice and whole-grain flours



2. Soluble fiber acts like a sponge in the gut.

- The soluble fiber in foods, such as oats, binds with cholesterol and removes it from the blood stream.
- It can help lower blood sugar because it slows how fast foods are digested. So it is important if you have diabetes.
- It may help firm stool and reduce diarrhea.
- Food sources include oats, oat bran, barley, dried beans and peas and certain vegetables and fruits, such as applesauce, strawberries, potatoes, citrus and prunes.



How can fiber help me lose weight?

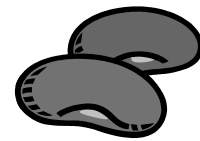
- Fiber helps you feel full longer because it stays in your gut for longer periods of time. This helps prevent overeating because you are not so hungry.
- High fiber diets are lower in calories and fat.
- Fiber makes you chew foods more, so you tend to eat SLOWER.

How much fiber should I be eating?

- The American Dietetic Association recommends eating **20 to 35 grams of fiber per day.**
- Most people are only eating about 15 grams of fiber per day.
- If you are not used to eating a high fiber diet, you may have problems with gas in the beginning. Start slowly and be sure that you are drinking 6 to 8 cups of water per day.

How can I get more fiber in my diet?

- Snack on fresh or dried fruit instead of candy. Choose fruit cobbler, whole-wheat bran or fruit muffins in place of desserts.
- Use bean dips such as black bean, hummus and refried beans with whole grain crackers or vegetables instead of sour cream. Include at least 4 servings of lentils or beans each week.
- Add wheat germ to hot cereals or yogurt. Try adding bran cereal or oatmeal to replace bread crumbs in meatloaf.
- Try air popped popcorn without butter or fat free microwave popcorn instead of potato chips.
- Substitute whole-wheat flour for to of the total amount of white flour needed in recipes. The rest of the flour can come from white flour.
- Include at least 3 servings of whole grains and cereals each day (whole wheat, oats, brown rice, bran or barley).
- Choose 5 or more servings of fruit or vegetables each day.



FIBER CONTENT OF FOODS

BREADS/GRAIN RICE/PASTA	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Teff flour	1/2 cup	6.8	trace	192
Pearl Barley	1 cup cooked	5.9	1.66	193
Brown rice	1 cup cooked	3.5	0.39	218
White rice	1 cup cooked	0.5	0.10	205
Oat bran bagel	4"	2		247
Rye Bread	1 slice	1.9	0.84	82
Whole wheat bread	1 slice	1.9	0.57	68
White bread	1 slice	0.5	0.15	80
Corn Grits	1 cup cooked	0.5	0.41	145
Whole wheat pasta	1 cup cooked	3.9	0.78	173
White pasta	1 cup cooked	2.3	0.56	197
CEREALS	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Grape Nuts	1 cup	10	5.07	380
Raisin Bran	1 cup	8	1.97	186
Corn Bran	1 cup	7.9	0.24	156
Oatmeal (instant)	1 cup	2.5	1.64	103

SNACKS	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Almonds (with salt)	1 oz dry roasted	3	0.43	169
Peanuts	1 oz dry roasted	2	0.64	165
Walnuts	1 oz	1.8	0.45	185
Popcorn	1 cup	1.2	trace	30

BEANS AND LEGUMES	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Split peas	1 cup cooked	16	5.53	231
Kidney beans (canned)	1 cup	16	1.41	217
Lentils	1 cup cooked	15.6	6.73	229
Pinto beans	1 cup canned	14.0	trace	206
Baked beans	1 cup canned	12.7	1.79	236
Chick Peas	1 cup canned	12.0	3.87	286
Black eyed peas	1 cup canned	11.0	1.38	160
Tofu	1/2 cup firm	0.5	0.25	97

FRUIT/ VEGETABLE	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Prunes (dried)	1/2 cup	11.0	2.53	203
Dates (dried)	1/2 cup	6	1.69	203
Orange	1 large	4.4	0.79	86
Pear	1 medium	3.9	2.44	97
Blackberries	1/2 cup	3.8	0.97	37
Apple (with skin)	1 medium	3.7	0.28	81
Avocado	1/2 cup (whole)	3.5	1.95	117.5

FRUIT/ VEGETABLE	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Banana	1 medium	2.8	0.57	108
Blueberries	1 cup	2.0	0.58	40
Peach	1 medium	1.9	0.86	40
Raisins	1.5 oz box	1.7	0.22	129
Grapes	1 cup	1.6	0.10	113
Cherries	1 cup	1.6	0.60	51
Grapefruit	Half	1.4	1.05	40
Collard greens	1 cup frozen	4.8	2.39	61
Carrot	1 cup raw	4.0	1.13	55
String beans	1 cup raw	3.8	1.54	44
Brussels sprouts	1 cup raw	3.3	1.67	38
Cauliflower	1 cup raw	2.4	2.	25
Broccoli	1 cup raw	2.6	2.0	20
Romaine lettuce	1 cup raw	1.0	0.45	24

ARE YOU GETTING YOUR DAILY FIBER NEEDS?

Reflect on yesterday to calculate your fiber intake.

1. Multiply total number of servings of fruit and vegetables per day by 1.5 grams of fiber.

Example: 5 servings x 1.5 = 7.5 grams of fiber

Yesterday, I had _____ servings x 1.5 = _____ grams of fiber from fruits and vegetables

2. Multiply servings of refined grains by 1.0 grams of fiber. Refined grains include white flour, white bread, white rice or pasta and cereals such as cheerios, frosted flakes, corn flakes.

Example: 4 servings x 1.0 = 4 grams of fiber

Yesterday, I had _____ servings x 1.0 grams of fiber = _____ grams of fiber from refined grains.

3. Multiply servings of whole grains by 2.5 grams of fiber. Whole grains are whole wheat breads, flours, cereals, brown rice or pastas.

Example: 3 servings x 2.5 = 7.5 grams of fiber

Yesterday, I had _____ servings x 2.5 grams of fiber = _____ grams of fiber from whole grains.

4. Multiply servings of high fiber foods by 5 grams of fiber. High fiber foods may include beans or high fiber cereal.

Example: 1 cup of black beans or 1 high fiber serving x 5 = 5 grams of fiber

Yesterday, I had _____ servings x 5 grams of fiber = _____ grams of fiber from high fiber foods.

TOTAL: _____ **grams of fiber for day**

Add up your total grams of fiber from each category, #1-4.

This is an estimate of how many grams of fiber you are getting per day.