



## Fiber

### Two kinds of fiber: Soluble and insoluble:

Soluble fiber helps control blood sugar and lowers cholesterol levels and comes mostly from legumes (dried beans, peas, and lentils), fruit, and oats.

Insoluble fiber helps prevent constipation and lowers the risk of colon cancer and comes mostly from whole grains and vegetables.

**Recommendation: 20 – 30 grams/day** (or about 10 grams per 1000 calories consumed.)

The American diet is closer to 10 grams/day. (See handout for amounts in various foods.)

### Ways to increase fiber in the diet:

- a. Add legumes (kidney beans, garbanzo beans, etc.) to salads and soups.
- b. Use legumes in meals several times a week, ie: bean, lentil, or split pea soup, baked beans, succotash, etc.
- c. Use whole fruits instead of juices – have at least 2/day.
- d. Include several servings of vegetables a day – eat at least 3/day.
- e. Use a bran cereal or add a spoonful of bran to cereal, salads, yogurt, etc.
- f. Use 100% whole grain breads and brown rice instead of refined grains.
- g. Add berries, prunes, raisins, etc. to meals.
- h. Use real foods rather than purified fiber to keep nutrient intake high.

**Increase fiber intake gradually** to avoid gas and bloating.

**Drink plenty of water:** 8 cups a day of water or other non-caffeinated or non-alcoholic fluids a day.

### Sample meal with ways to improve fiber intake:

#### **Lunch:**

#### Instead of:

#### Grams of fiber

3 oz. turkey.....0  
 2 slices white bread ...1.6  
 1 tsp. mayonnaise.....0  
  
 3 butter cookies.....0  
 8 oz. apple juice.....0

Total fiber.....1.6  
 Total calories.....710

#### Try:

#### Grams of fiber

3 oz. turkey.....0  
 2 slices whole wheat bread...5.0  
 1 tsp. mayonnaise.....0  
 lettuce leaf.....0.5  
 2 slices tomato.....0.5  
 1 large apple.....5.0  
 8 oz. water.....0

Total fiber.....11  
 Total calories.....535

## Dietary Fiber Values

Food group	Serving	Calories	Gm fiber	Food group	Serving	Calories	Gm fiber
<b>Breads/Cereals</b>				<b>Fruits</b>			
100% Bran	½ cup	75	8.4	Apple	1 med.	80	3.5
Air-popped corn	1 cup	25	2.5	Apricot, fresh	3 med.	50	1.8
All Bran	1/3 cup	70	8.5	Apricot, dried	5 halves	40	1.4
Bran Buds	1/3 cup	75	7.9	Banana	1 med.	105	2.4
Bran Chex	2/3 cup	90	4.6	Blueberries	½ cup	40	2.0
Corn Bran	2/3 cup	100	5.4	Cantaloupe	¼ melon	50	1.0
Cracklin' Oat Bran	1.3 cup	110	4.3	Cherries	10	50	1.2
Bran Flakes	¾ cup	90	4.0	Dates, dried	3	70	1.9
Grapenuts	¼ cup	100	1.4	Grapefruit	½ cup	40	1.6
Oatmeal (cooked)	1 cup	144	2.2	Orange	1 med.	60	2.6
Whole-wheat bread	1 slice	60	1.4	Peach	1 med.	35	1.9
<b>Legumes, cooked</b>				Pineapple			
Kidney beans	½ cup	110	7.3	Prunes, dried	3	60	3.0
Lima beans	½ cup	130	4.5	Raisins	¼ cup	110	3.1
<b>Vegetables, cooked</b>				Strawberries			
Beans, green	½ cup	15	1.6				
Broccoli	½ cup	20	2.2				
Brussels sprouts	½ cup	30	2.3				
Cabbage	½ cup	15	1.4				
Carrots	½ cup	25	2.3				
Cauliflower	½ cup	15	1.1				
Corn	½ cup	70	2.9				
Green pepper	½ cup	12	0.8				
Green peas	½ cup	55	3.6				
Kale	½ cup	20	1.4				
Lettuce	1 cup	7	0.8				
Parsnip	½ cup	50	2.7				
Potato, with skin	1 med.	95	2.5				
Tomato	½ cup	17	1.5				

