

EAT MORE FIBER

WHAT'S SO GREAT ABOUT IT?

WHAT IS FIBER?

Dietary fiber is from parts of plant based foods that your body can't digest or absorb.

Fiber is classified as soluble or insoluble. Soluble fiber dissolves in water to form a gel-like material in the stomach. Insoluble fiber does not dissolve in water and promotes movement of material through the digestive system.

HOW MUCH DO YOU NEED?

The Daily recommended Value for fiber is that most people get between 25-38 grams (g) everyday.

TIPS FOR ADDING MORE FIBER TO YOUR DIET

Look for 3 or more grams of fiber per serving, which indicates that it is a good source of fiber. 5 grams or more per serving is a GREAT source of fiber.

Look for 100% WHOLE grains first on ingredient list.

Add unsalted nuts, seeds, beans (garbanzo, kidney, black beans), lentils or peas to salads, soups and side dishes.

Choose fruit for snacks, salads or desserts.

Make quick fiber-filled snacks with raw chopped vegetables such as carrots, broccoli florets and red peppers.

FIBER BENEFITS

- Fiber normalizes bowel movements, helping with constipation and stomach distress. A high fiber diet may lower your risk of developing hemorrhoids and colorectal cancer.
- Fiber lowers cholesterol levels. Soluble fiber in beans, oats, and flaxseed help by lowering LDL, or "bad" cholesterol.
- Fiber helps control blood sugar levels in people with diabetes. Specifically, soluble fiber can slow the absorption of sugar and help improve blood sugar levels. A fiber rich diet helps reduce the risk of developing type 2 diabetes.
- Fiber rich foods are typically more filling than low fiber foods, since they are nutrient dense. This means you're likely to stay satisfied longer, which could aid in achieving a healthy weight.
- A fiber rich diet is associated with a reduced risk of cardiovascular disease and all cancers, since fiber rich foods are high in antioxidants.

FIBER SOURCES

INFO FROM: MAYOCLINIC.ORG

Grains	Serving size	Total fiber (grams)*	Vegetables	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.0	Green peas, boiled	1 cup	9.0
Barley, pearled, cooked	1 cup	6.0	Broccoli, boiled	1 cup chopped	5.0
Bran flakes	3/4 cup	5.5	Turnip greens, boiled	1 cup	5.0
Quinoa, cooked	1 cup	5.0	Brussels sprouts, boiled	1 cup	4.0
Oat bran muffin	1 medium	5.0	Potato, with skin, baked	1 medium	4.0
Oatmeal, instant, cooked	1 cup	5.0	Sweet corn, boiled	1 cup	3.5
Popcorn, air-popped	3 cups	3.5	Cauliflower, raw	1 cup chopped	2.0
Brown rice, cooked	1 cup	3.5	Carrot, raw	1 medium	1.5
Bread, whole-wheat	1 slice	2.0			
Legumes, nuts and seeds	Serving size	Total fiber (grams)*	Fruits	Serving size	Total fiber (grams)*
Split peas, boiled	1 cup	16.0	Raspberries	1 cup	8.0
Lentils, boiled	1 cup	15.5	Pear	1 medium	5.5
Black beans, boiled	1 cup	15.0	Apple, with skin	1 medium	4.5
Baked beans, canned	1 cup	10.0	Banana	1 medium	3.0
Chia seeds	1 ounce	10.0	Orange	1 medium	3.0
Almonds	1 ounce (23 nuts)	3.5	Strawberries	1 cup	3.0
Pistachios	1 ounce (49 nuts)	3.0			
Sunflower kernels	1 ounce	3.0			