



Types of Fiber

What is Fiber?

- ❖ Dietary fiber is part of a plant material that cannot be digested by your body. There are two types of dietary fiber: soluble and insoluble.

Soluble Fiber

- ❖ Absorbs water and turns to a gel-like substance which coats the colon and helps digestion.
- ❖ Helps lower cholesterol levels by binding to cholesterol in the digestive tract and in turn reducing the risk of heart disease.
- ❖ Regulates blood sugar levels by slowing digestion and absorption so that carbohydrates (sugar) from food enter the bloodstream more slowly.
- ❖ Foods rich in soluble fiber include oat bran, fruits, veggies, brown rice, nuts, flax seeds, legumes (kidney, pinto, navy, garbanzo beans and black-eyed peas) and barley.

Insoluble Fiber

- ❖ Passes through the digestive tract unchanged. This helps keep your body regular by creating bulk and moving food through your GI tract faster and easier. This can also help prevent constipation and reduce the risk of colon cancer and hemorrhoids.
- ❖ Found in the skins of fruits, vegetables and legumes as well as in wheat bran, whole grain breads and cereals.

How Much Fiber?

- ❖ Women should aim for **21-25** grams and men should aim for **30-38** grams daily.
- ❖ Most people in the US average less than 15 grams per day.
- ❖ Read labels to select foods with more than 3 grams of fiber per serving.

Ways to Increase Fiber in Your Diet

- ❖ Leave skin on fruits and vegetables.
- ❖ Eat a variety of beans.
- ❖ Replace refined foods with whole grains. Try whole grain pasta instead of white pasta. Try mixing a high fiber cereal with one of your old favorites.

Fiber and Weight Loss

- ❖ Fiber fills you up and helps you stay full longer without adding calories, which can help you achieve and maintain a healthy body weight.

Always Remember

- ❖ Increase fluid intake as you increase fiber intake.
- ❖ Increase dietary fiber gradually to avoid GI upset.
- ❖ Try to get adequate fiber through foods instead of supplement.

Sample Menu with 35g Fiber

Breakfast	Lunch	Dinner
1 large orange 2 biscuits shredded wheat 1 cup 1% milk	Bean Burrito: <ul style="list-style-type: none"> • 1 wheat tortilla • ½ cup black beans • chopped onions • 1 oz low fat cheese • salsa • ½ cup shredded romaine lettuce 1 medium pear 1 cup 1% milk	4 oz skinless chicken breast ½ cup cooked barley in low sodium chicken broth ½ cup steamed broccoli and ½ cup steamed cauliflower with olive oil and pepper 1 cup Romaine salad with <ul style="list-style-type: none"> • 1 sliced tomato • 2 tbsp light dressing ½ cup fresh cubed pineapple
Total Fiber: 10 g	Total Fiber: 15 g	Total Fiber: 10 g