



FIBER

Fiber, a complex carbohydrate, is the structural part of plants that our bodies cannot digest. Good sources include fruits, vegetables, nuts, seeds, whole grains, and legumes (peas, beans). There are 2 types of fiber: soluble and insoluble.

Soluble

- Dissolves in water
- Helpful in lowering blood glucose levels and cholesterol
- Found in oats, beans, apples, carrots, & citrus fruits



REMEMBER TO DRINK MORE WATER AS YOUR FIBER INTAKE INCREASES!!!

Insoluble

- Does not dissolve in water
- Helpful in adding bulk to fecal matter, thus keeping material moving through your digest tract and preventing constipation
- Found in whole wheat bread, vegetables, and nuts

Recommended Intake:

20-35g of fiber EACH day



Good Sources of Fiber:



<u>FOODS</u>	<u>SERVING SIZE</u>	<u>FIBER (g)</u>
Apple w/skin	1 medium	3.3
Banana	1 medium	3.0
Blueberries	1 cup	3.5
Orange	1 medium	3.1
Raspberries	½ cup	4.6
Baked Potato w/skin	1 medium	4.4
Broccoli	½ cup	3.2
Corn	1 cup	4.2
Peas	1 cup	8.8
Popcorn, air popped	3 cups	3.6
All Bran Cereal	1/3 cup	9.0
Bread, whole wheat	1 slice	1.9
Kashi Go Lean Crunch Cereal	1 cup	8.0
Fiber One Cereal	½ cup	14.0
Oatmeal	1 cup	4.0
Rice, brown & cooked	1 cup	3.5
Spaghetti, whole wheat	1 cup	6.3
Beans, baked	½ cup	6.0
Kidney Beans	½ cup	6.0
Peanuts, dry roasted	¼ cup	3.0
Walnuts	¼ cup	2.0

Overall Benefits from Fiber Consumption:

- Slows down digestion, thus making you feel fuller, longer. This can help with weight management.
- Binds potential harmful substances, like cholesterol. As a result, they travel through the large intestine and are excreted from the body. This helps to lower LDL (bad?) cholesterol.
- Adds bulk to your fecal matter, helping to increase the speed of materials through your colon. This results in regular bowel movements and a decrease in constipation.
- Helps regulate blood sugar levels, decreasing the risk for Diabetes. For those with Diabetes, helps to keep blood sugar levels stable, without the highs and lows caused by simple sugars.