



FIBER

What is fiber?

Fiber is found in plant-based foods like fruits, vegetables and whole, intact grains. Unfortunately, most people do not get the recommended amount of fiber each day (25-35 g per day, depending on age and gender).

What are the benefits of fiber?

In addition to lowering blood cholesterol levels and reduce the risk of heart disease, fiber also helps with weight management. Fiber is digested slowly, which gives us the feeling of satiety, or feeling full. High fiber foods can improve digestion and even help manage blood sugar levels.

What foods contain fiber?

Whole grain and whole wheat products like brown rice, whole wheat pasta and whole wheat bread have more fiber than refined grains like white rice and white bread.

Types of fiber

- **Soluble fiber:** dissolves in water (absorbs water) and slows digestion, making you feel full longer. Found in oats, beans, lentils, nuts and seeds, apples and berries.
- **Insoluble fiber:** does not dissolve in water and not easily broken down by the body. A bulking agent and helps relieve constipation. Found in whole grain and whole wheat products (brown rice, whole wheat bread) and vegetables (dark leafy greens, carrots).

FOOD	SERVING SIZE	FIBER
Lentils, cooked	½ c.	7.8 g
Pinto Beans, cooked	½ c.	7.7 g
Black Beans, cooked	½ c.	7.5 g
Popcorn	3 c.	5.8 g
Kidney Beans, cooked		5.7 g
Broccoli, cooked	1 c.	5.2 g
Avocado	½ c.	5.0 g
Carrots, cooked	1 c.	4.8 g
Apple, with skin	1 medium	4.8 g
Mandarin Orange	1 c.	3.5 g
Almonds	1 oz	3.5 g
Banana	1 medium	3.2 g

Drink plenty of water when eating more fiber. Fiber absorbs water in the intestines; if not enough water is consumed, this can cause gas and constipation.