

What you need to know about a

# HIGH FIBER DIET

Consuming fiber is a healthy way to alleviate constipation symptoms. The USDA recommends that adults consume 25-35 grams of fiber each day. Whole grain, fruits, beans and vegetables are good sources of dietary fiber. Undigestible fiber is often referred to as bulk or roughage.

**25+**  
grams of fiber daily



## Benefits of Fiber

Increasing fiber intake may:

- **Prevent or decrease constipation and hemorrhoids**
- **Lower blood cholesterol** and triglyceride levels
- **Lower blood sugar levels** in people with diabetes
- **Help with weigh loss.** Fiber-rich foods are low in fat and calories, take longer to chew, and can help you feel full longer.

## Types of fiber

**Soluble Fiber** forms a gel-like substance in water. Found in oats, beans, fruits and seeds, soluble fiber slows digestion and the rate at which carbohydrates are absorbed. Blood glucose and cholesterol may be better regulated with the addition of soluble fiber.

**Insoluble Fiber** does not dissolve in water. It is found in whole grains, wheat bran, vegetables and nuts, and passes through the gastrointestinal tract relatively intact. Insoluble fiber provides bulk for stool formation. Stool frequency is generally increased.

Your body needs both types of fiber to maintain a healthy digestive system.

Fiber supplements are intended to augment, but not replace dietary fiber. Dietary fiber sources are generally preferred for flavor, vitamin content, and mineral content.



### Fiber Booster Yogurt Parfait

¾ cup or 5.3 oz. carton Greek yogurt  
⅓ cup All-bran Buds cereal  
1 Tbsp. ground flax seed  
½ cup berries

**19**  
GRAMS

fiber in one serving!

More than half your daily fiber

## How to add fiber to your diet

- Increase fiber intake slowly to avoid intestinal gas that may occur when fiber intake is increased too rapidly.
- Start the day with a high fiber breakfast cereal. The table on the next page shows several options that contain 5 grams or more per serving. Watch out for added sugars!
- Mix yogurt with high fiber breakfast cereal, fruit, flax seeds or chia seeds to meet half of your daily fiber requirement in one powerhouse breakfast.
- Switch to whole grain breads, pastas and rice.
- Pack in more fruits by adding them to hot or cold breakfast cereal, yogurt or salads; or by making fruit a dessert.
- Add beans, lentils or peas to soups, salads or side dishes to step up the fiber content.
- Eat cut-up vegetables for snacks. Supermarkets offer pre-cut carrots, broccoli, cauliflower, celery, and grape tomatoes if you don't have time to cut veggies.
- Drink 8 full glasses of water or other low calorie liquid each day. Fiber acts like a sponge absorbing large amounts of water. Retaining water in the colon results in softer stool.
- Boost the fiber content of soups and salads by cooking and adding whole grains such as whole wheat, barley, buckwheat, bulgur, corn, amaranth, brown rice, wild rice, quinoa, and farro.
- Read labels! The amount of fiber contained in a serving is clearly labeled on all packaged foods.

## Nutrition Facts

1 servings per container	
Serving size	1 package (60g)
Amount Per Serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 14g	50%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## FIBER ROCKSTARS

### GRAINS

Grains are the seeds of grasses. But not all grains are equal.

- **Whole grains** include the entire grain kernel, containing the bran, germ and endosperm. Examples include whole wheat, rye, barley, corn, popcorn, brown rice, wild rice, oats, quinoa, buckwheat, bulgur, and millet.
- **Refined grains** have been processed resulting in bran and germ being removed from the grain. While processing gives the grains a finer texture and longer shelf life, it also removes fiber, vitamins, iron and other important nutrients. All-purpose flour or white rice are examples of refined grains.
- **Enriched grains** are refined grains that have nutrients added back in during the manufacturing process. A number of cereals and snack bars are **fortified**, meaning that more nutrients have been added during manufacturing. Accordingly, cereals are addressed in a separate section below.
- As a rule, whole grains are a good source of fiber, while refined grains usually are not.

### LEGUMES & NUTS

Legumes are plants that bear fruit in their pods, and are further categorized as beans, lentils, peas, and peanuts. Foods in the legume family are among the most naturally rich sources of fiber. They are low in fat, plentiful in protein, and pack a powerhouse of nutrients. Offering the most fiber per calorie, beans are an excellent fiber choice. Peanuts aren't really a nut at all, but grow in a pod and so are considered a legume.

### FRUITS & VEGETABLES

Most fruits and vegetables whether dried or raw, are rich with fiber, offering bonus vitamins and minerals in each serving.

#### HIGH FIBER BREAKFAST CEREALS

One of the easiest ways to add fiber to your diet is with breakfast cereals that have been fortified with fiber. It is important to read nutrition labels, however, as some cereals contain a large amount of carbohydrates and sugar. The table below shows a number of popular breakfast cereals that offer significant fiber, along with a couple of popular choices with surprisingly very little fiber.

For comparison purposes only, the table shows the amount of fiber and calories for a one-cup portion. Note that for some cereals, as little as a third cup is considered a portion, and it would likely be uncomfortable to consume a whole cup portion. In addition to eating as cereal, crushed bran cereal can be added to yogurt or mixed in with meatloaf. Read the label to know what amount is considered a portion.

#### FIBER & CALORIE CONTENT FOR BREAKFAST CEREALS

CEREAL	Fiber	Calories
All-Bran Buds	39	240
Fiber One	28	120
All-Bran Original	20	160
Barbara's High Fiber Original	14	180
Grape-Nuts	14	420
Cascadian Farms Hearty Morning	11	225
Uncle Sam Original	11	240
Fiber One Honey Clusters	10	170
Kashi GoLean	10	160
Kellogg's Raisin Bran	7	190
Spoon Size Shredded Wheat	6	170
Cheerios	3	100
Special K	<1	115



## FIBER CONTENT



GRAINS	Serving	Fiber Grams
Whole Wheat	1 cup	8.2
Bulgur	1 cup	8
Oats/Oatmeal	1 cup	4.0
Brown Rice	1 cup	3.2
Quinoa	1 cup	5.2
Barley	1 cup	6.0
Whole wheat spaghetti or pasta	2 oz. dry	5.0
Bread, commercially baked whole wheat	1 slice	1.9
Rye Crackers	2	3
Flax seeds	1 Tbsp.	2.8
Chia seeds	1 Tbsp.	4.9
BEANS	Serving	Fiber Grams
Navy beans	1 cup	19
Lima beans	1 cup	13
Pinto beans	1 cup	15
Black beans	1 cup	15
Kidney beans	1 cup	13
Chickpeas (Garbanzo beans)	1 cup	12.5
Peas, green cooked	1 cup	14
Black-eyed peas	1 cup	11
Soybeans, roasted	1 cup	30
Edamame	1 cup	8
Lentils	1 cup	16
Peanuts, raw (good fiber, but high calorie)	1 cup	12.4
Pistachio nuts	¼ cup	3.2
Almonds, raw	¼ cup	4.5
FRUIT	Serving	Fiber Grams
Prunes, dried	½ cup	6.2
Figs, dried	½ cup	7.3
Dates	½ cup	5.7
Raisins	½ cup	5.6
Apple	1 med.	4.0
Pear	1 med.	5.5
Avocado, cubed	1 cup	10.1
Raspberries	1 cup	8
Blueberries	1 cup	3.6
Strawberries	1 cup	3.0
Banana	1 med.	3.1
Orange	1 med.	3.1
VEGETABLES	Serving	Fiber Grams
Collards, cooked	1 cup	7.6
Artichokes	1 cup	7.7
Potato	1	6.9
Sweet potato	1	5.9
Brussel sprouts	1 cup	6.4
Spinach, cooked	1 cup	7.0
Tomato Paste	¼ cup	2.7
Corn	1 cup	3.6
Broccoli, cooked	1 cup	5.1
Green beans	1 cup	4
Carrots, cooked	1 cup	4.7
Squash, butternut	1 cup	6.6

All nutrition data from National Nutrient Database for Standard Reference, <https://ndb.nal.usda.gov/ndb/>

