

# HIGH FIBER DIET



## Consider This

Diets high in fiber have been scientifically proven to improve your health. By increasing the amount of total fiber you eat to 20-35 grams per day, it can decrease your risk for heart disease, obesity, diabetes and cancer. Let's explore some commonly known facts about fiber to better understand why it's so beneficial.

**30g**  
men 51+

**21g**  
women 51+

## What is Fiber?

Fiber is found in plant-based foods and generally is not absorbed or digested by our body. Fiber is usually grouped into two categories—water soluble and insoluble fibers.

### Did You Know?

High intake of soluble fiber helps improve glycemic control in patients with Type II Diabetes.



## BENEFITS

Fiber can help with disease prevention. Plus, it may improve digestive symptoms and GI diseases like these.

- Constipation • Hemorrhoids
- Colon Cancer • Diverticulosis
- Irritable Bowel Syndrome

## comparing fiber types

### SOLUBLE FIBER

**SF**

Soluble fiber dissolves in water and forms a gel in the stomach. It acts like a sponge by soaking up water. Soluble fiber helps slow food absorption and increases feelings of fullness. Plus, it may help with high cholesterol and obesity.

#### Foods High in SF

- Pinto Beans • Figs • Barley • Popcorn



### MAKING FIBER WORK

- Eat both soluble and insoluble fiber foods
- Avoid eating large amounts of fiber at once—this helps prevent GI symptoms
- Start by gradually increasing fiber over several weeks—with foods or supplements
- Powdered Supplement Dosage—start with 1 tbsp a day—gradually increase to 1 tbsp 3 times a day over the period of a few days

### INSOLUBLE FIBER

**IF**

Holds water and produces softer, bulkier stools. May help relieve constipation and may be beneficial to help control diverticulitis by promoting better bowel regularity.

#### Foods High in IF

- Garbanzo Beans • Oatmeal • Sesame Seeds • Kale

**REMEMBER** Plant-based foods naturally contain both types of fiber. The key difference is knowing which foods contain higher sources of each kind of fiber.

food	soluble fiber	insoluble fiber
Raspberries 1 C	.9 g	2.4 g
Grapefruit (half)	1.1 g	.5 g
Cantaloupe 1 C	.3 g	.8 g
Apple (with skin)	1 g	1.8 g
Almonds 1oz	.7 g	3.5 g
Lentils 1/2 C	.6 g	3.8g
Walnuts 1 oz	.6 g	2.5g
Sweet Potato (peeled)	2.7 g	2.2 g
Black Beans 1/2 C	2.4 to 3.8 g	3.7 g
Blueberries 3/4 C	.3 g	1.1 g
Oats (dry) 100 grams	4.2 g	5.8 g

\*cooked oats contain 1.9 grams SF per cup

# INCORPORATE fiber into your life

## READ LABELS



Eat whole grains, like brown rice or whole wheat. Look for whole grains as first ingredient listed. Choose whole grain wheat flour in crackers, breads and cereals. Eat whole wheat pastas in place of regular pasta.

## COOKING & BAKING

- Swap out half the enriched white flour with whole wheat flour
- Add brown rice, whole grain barley, bulgur (cracked wheat), buckwheat, kasha, and millet into soups, salads or side dishes
- Add dried peas, beans, seeds, and legumes to salads and main dishes.
- Sprinkle bran into pancakes, breads, cooked cereals and fruit crisp toppings—plus spaghetti sauce, Sloppy Joes, ground meats and casseroles.
- Eat edible seeds and skins of raw fruits and vegetables
- Snack on fresh fruits, vegetables, whole grain crackers or popcorn
- Make crunchy, tasty toppings with whole grain or bran cereals like Cracklin' Oat Bran—or nuts, toasted soybeans, sunflower kernels and wheat germ
- Add toppings to ice cream, yogurt, salads



## grains

FLOURS	serving size	grams
Rye Flour (100%)	1 C	14
Bran, Corn	2 T	7
Whole Wheat Flour	1 C	11
Bran, Wheat	2 T	5

CEREALS	serving size	grams
Fiber One	1/3 C	12
All Bran	1/3 C	9
100% Bran	1/2 C	8
Bran Chex	2/3 C	5
Grape-Nuts	1/4 C	2
Cracklin' Oat Bran	1/3 C	4

## pasta

BREAD	serving size	grams
Whole Wheat Pasta	1 C	4
Whole Wheat Bread	2 pcs	3
Pumpernickel Bread	2 pcs	2
Pasta - Regular	1 C	1
Brown Rice	1 C	2
Jasmine Rice	1 C	2

Find out how much fiber hides in your favorite foods with these useful charts. Which high-fiber foods surprise you most?

## LEGUMES

Black Beans	9g
Kidney Beans	7g
Navy Beans	6g
Lentils	4g

half cup portions

## FRUITS

Apple Med	4g
Prunes 4pcs	4g
Raspberries	3g
Raisins 1/4 C	3g
Honeydew 1/4 Med	3g
Strawberries 1 C	3g

## VEGGIES raw

Avocado 1/2 Med	2g
Bean Sprouts	2g
Tomato Med	2g
Mushrooms	1g
Celery	1g

half cup portions

## VEGGIES

Artichoke Whole	6g
Sauerkraut	4g
Peas	4g
Corn	3g
White Potato	3g
Sweet Potato	3g
Brussels Sprouts	2g
Potato No Skin	1g

half cup portions

values based on cooked foods unless otherwise stated