



High-Fiber Diet

Foods high in fiber help with weight control, bowel regularity, reducing the risk of cardiovascular disease, diabetes and cancer. Dietary fiber, which our body is unable to breakdown and digest, is naturally found in plants, such as fresh fruits and vegetables, beans, peas, nuts, seeds and grains. High-fiber foods are low in calories and fat and contain important vitamins and minerals.

There are two main types of dietary fiber: soluble and insoluble. Soluble fiber helps to control diabetes by normalizing blood sugar levels and helps decrease cholesterol levels by removing cholesterol from the digestive tract. The best sources are oat bran, barley, nuts, seeds, beans, lentils, peas, fruits and vegetables and psyllium (found in cereals, dietary supplements and certain bulk-fiber laxatives). Insoluble fiber helps with weight control (increases feeling of fullness) and with bowel movement. The best sources are wheat bran, whole grains, legumes, nuts, seeds and unpeeled fruits and vegetables.

The recommended intake of total fiber is 25 to 35 grams/day; 10 to 20 grams of which should be soluble fiber. To achieve this, slowly increase your daily intake of total fiber and make sure you are drinking enough fluids, 6 to 8 cups of water, to help move the fiber through your body and decrease gas and bloating. Good sources of fiber include foods that have at least 3 grams of fiber or more per serving.

Food	Serving Size	Total Fiber (gms)	Soluble Fiber (gms)	Insoluble Fiber (gms)
Fruits				
Apple, with skin	1 medium	4.2	1.6	2.6
Pear, Bartlett	1 medium	4.0	0.8	3.2
Prunes, dried	4 each	3.1	1.3	1.8
Vegetables				
Brussels sprouts, cooked	1/2 cup	3.6	1.7	1.9
Carrot, raw	1 medium	2.6	1.1	1.5
Peas, cooked	1/2 cup	4.4	1.2	3.2
Breads/Rice/Pasta				
Whole wheat bread	1 slice	2.2	0.5	1.7
Brown rice	1/2 cup	1.8	0.2	1.6
Wild rice	1/2 cup	1.3	0.2	1.1

<i>Dried Beans/Peas (cooked)</i>	Serving Size	Total Fiber (gms)	Soluble Fiber (gms)	Insoluble Fiber (gms)
Kidney beans	1/2 cup	8.2	3.6	4.6
Lentils	1/2 cup	4.5	0.7	3.8
Pinto beans	1/2 cup	10.3	3.9	6.4
<i>Nuts and Seeds</i>				
Almonds	1/4 cup	3.9	0.4	3.5
Sunflower seeds	1/4 cup	2.2	0.7	1.5
<i>Breakfast Cereal</i>				
Fiber One	1/2 cup	13.0	1.0	12.0
Oatmeal, cooked	1 cup	4.0	2.4	1.6
Total Raisin Bran	1 cup	6.0	0.9	5.1

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