

Sources of Dietary Fiber



Dietary fiber is the indigestible part of plant foods. Inside the body, dietary fiber helps move food through the digestive system, by softening the stool and absorbing water. Consuming fiber has been shown to reduce cholesterol levels which can protect you from developing heart disease. It also helps to reduce the risk of developing colitis, colon cancer, constipation and hemorrhoids.

Refer to the table to the right for how much fiber you should be Consuming each day. Slowly increase fiber intake by 3-5 grams per day to prevent discomfort.

Recommended Fiber Intake

| | <u>Age</u> | <u>Grams/Day</u> |
|----------------|------------|------------------|
| Male: | 1-3yrs | 19 grams |
| | 4-8yrs | 25 grams |
| | 9-13yrs | 31 grams |
| | 14-50yrs | 38 grams |
| | 50-70yrs | 30 grams |
| | >70yrs | 30 grams |
| Female: | 9-18yrs | 26 grams |
| | 19-50yrs | 25 grams |
| | 50-70yrs | 21 grams |
| | >70yrs | 21 grams |

Refer to the list below for some good sources of fiber:

1 medium apple = 4.5g
½ cup blueberries = 4.4g
1 medium pear = 4.5g
½ cup brussel sprouts = 3.5g
1 medium carrot = 2.7g
1 slice whole wheat bread = 1.5g
½ cup All Bran cereal = 10.0g
½ cup Fiber One cereal = 13.0g
1 Fiber One granola bar = 9.0g
¾ cup cooked rolled oats = 3.0g
½ cup kasha, couscous,
barley, bulgar, brown rice = 2.0g

½ cup cooked kidney beans = 6.5g
½ cup cooked pinto beans = 5.9g
2/3 cup cooked lentils = 4.5g
½ ounce nuts or seeds = 2.0g
3 cups popped popcorn = 2.8g
½ cup cooked green peas = 3.0g
1 T Metamucil (regular) = 3.0g
1 heaping tsp Metamucil (clear) = 5.0g
1 Metamucil fiber wafer = 3.0g
2 tsp Benefiber = 3.0g
3 chewable Benefiber tablets = 3.0g



Follow the list below for easy ways to add fiber to your meals:

- Eat fruits and vegetables with the skin.
- Add low-fat granola or shredded wheat cereal to yogurt or fresh fruit.
- Eat whole-grain cereal with fresh fruit for breakfast.
- Use whole-grain breads and cereals. WHOLE-grain flour should be listed FIRST on the label.
- Eat popcorn, raw vegetables, or high-fiber crackers for snacks.
- Eat the skin on baked potatoes, and leave the skin on when making mashed potatoes.
- Eat brown rice instead of white rice.
- Eat whole fruits and vegetables instead of drinking juice.
- Substitute whole-wheat or rye flour for part of the white flour when you bake.
- Include more beans, peas, and lentils in your meals. Add them to casseroles, chili, burritos, soups and salads.
- Try kasha, couscous, barley and bulgur.
- Snack on small servings of nuts.