



Dietary Fiber Guidelines

Fiber is the indigestible part of plant foods that our bodies need for optimal digestion. The two main types of fiber are soluble and insoluble.

Soluble fibers are commonly found in fruits (especially pear, apple, and citrus fruits), oats, barley, and legumes. These water-soluble fibers form gels within the digestive tract, and provide many beneficial health effects including:

- Contributes to feelings of fullness and decreases appetite.
- Slows the absorption of carbohydrates which can reduce blood sugar.
- Helps to lower blood cholesterol and triglycerides.

Insoluble fibers are commonly found in wheat bran, corn bran, whole grain breads and cereals, as well as vegetables. The main beneficial effect of insoluble fiber includes:

- Facilitating the movement of food through the digestive tract, preventing constipation.

Tips for increasing fiber in your diet:

Breakfast

- Choose breakfast cereals, hot or cold, that contain a minimum of 5 grams of fiber per serving.
- Add flax meal, oat or rice bran, or wheat germ to yogurt or hot cereal.
- Choose cereals that say 100% whole grain on the label.
- Add some high fiber fruit like an apple, pear, orange, or berries.

Lunch

- Choose 100% whole grain breads with a minimum of 3-5 grams of fiber per slice.
- Add fresh cut up vegetables to lunches – carrots, celery, peppers, broccoli, and cauliflower.
- Add a piece of fruit for dessert.

Dinner

- Add garbanzo or cannellini beans to your tomato sauce. This adds protein and fiber.
- Use tempeh, made from fermented whole soy beans, instead of meat in your stir-fry or chili.
- Add bran cereal or oatmeal to meat loaf, meatballs or hamburgers.
- Serve a salad at dinner – choose dark green lettuces, spinach, or arugula.
- Instead of mashed potatoes, try brown rice, millet, or quinoa or baked winter squash.
- Steam or sauté a green vegetable to go along with dinner, such as broccoli, kale, or bok choy.

Snacks

- Try hummus with raw vegetables for a satisfying fiber-filled snack.
- Choose crackers with a minimum of 2-3 grams of fiber per serving.
- Add nut butter to an apple or pear.
- Have a small handful nuts or seeds with some dried fruit.

Dining out

- Order extra vegetables with your meal. This usually costs only a dollar or two extra.

Food Sources of Fiber

Food	Serving Size	Total Fiber (grams)	Soluble fiber (grams)	Insoluble fiber (grams)
FRUIT				
Apple, with skin	1 medium	3.3	0.4	2.9
Banana	1 medium	3.1		
Pear, with skin	1 medium	5.2	1.1	4.1
Orange	1 medium	3.2	2.1	1.1
Prunes	¼ cup	4.6	2.5	2.1
Raspberries	½ cup	4.0		
Strawberries	½ cup	1.7	0.4	1.3
VEGETABLES				
Asparagus	½ cup	1.8	0.3	1.5
Broccoli, cooked	½ cup	2.6	0.3	2.3
Brussel sprouts, cooked	½ cup	3.2	1.1	2.1
Carrots	1 large	2.0	0.9	1.1
Corn	½ cup	3.0		
Potato, baked with skin	1 medium	4.4	1.1	3.3
Spinach, cooked	½ cup	2.2	0.7	1.5
BEANS, LEGUMES, NUTS and SEEDS				
Black beans, cooked	½ cup	7.5	2.1	5.4
Garbanzo beans, cooked	½ cup	5.3	1.3	4.0
Green peas, cooked	2/3 cup	5.9	0.8	5.1
Kidney beans, cooked	½ cup	5.7	2.3	3.4
Lentils, cooked	2/3 cup	10.4	1.7	8.7
Lima beans, cooked	½ cup	5.4	1.5	3.9
Pinto beans, cooked	½ cup	7.7		
Peanut butter, chunky	2 tbsp	2.6	0.7	1.9
Psyllium seeds, ground	1 tbsp	6.0	5.0	1.0
WHOLE GRAINS				
Barley, cooked	½ cup	6.8	1.4	5.4
Bran flake cereal	¾ cup	5.3		
Brown rice, cooked	½ cup	1.8	0.2	1.6
English muffin, whole wheat	1	4.4	1.3	3.1
Rolled oats, cooked	¾ cup	4.2	2.0	2.2
Whole-wheat bread	1 slice	2.8	0.4	2.4