

Increasing Your Fiber Intake

What is fiber?

Fiber is a substance found only in plant foods. The edible portion is called dietary fiber and is an important part of a healthy diet. Dietary fiber is made up of two main types--insoluble and soluble.

What is the difference between insoluble and soluble fiber?

Soluble fiber forms a gel when mixed with liquid, while insoluble fiber does not. Insoluble fiber passes through your digestive tract largely intact. Both types of fiber are important in the diet, though soluble fiber has some additional benefits to heart health.

What are the benefits of soluble fiber?

Soluble fiber has been scientifically proven to reduce blood cholesterol levels, which may help reduce your risk of heart disease.

<u>RECOMMENDATIONS</u>	<u>GOOD SOURCES</u>	<u>SERVING SIZE</u>	<u>FIBER GRAMS</u>
① Eat More Vegetables	Broccoli Brussels Sprouts Carrots Cabbage Green Beans Spinach	1 Cup (raw) ½ Cup (boiled) ½ Cup (raw) 1 Cup (raw) ½ Cup (boiled) 1 Cup (raw)	2.6 3.2 2.6 1.6 2.0 1.6
② Eat More Beans and Legumes	*Black Beans *Black-eyed Peas *Garbanzo Beans *Kidney Beans *Lentils *Lima Beans *Pinto Beans	½ Cup (boiled) ½ Cup (boiled) ½ Cup (boiled) ½ Cup (boiled) ½ Cup (boiled) ½ Cup (boiled) ½ Cup (boiled)	7.5 4.2 6.3 6.6 7.8 7.0 7.4
③ Eat More Whole Grains	All-Bran Cereal Kashi <u>To Good Friends</u> Cereal Brown Rice Bulgar *Oatmeal *Multigrain Bread	½ Cup ¾ Cup 2/3 Cup 1 Cup 1/3 Cup (dry) 1 Slice	10.0 8.0 2.0 8.2 2.9 3.0
④ Eat More Fruit	*Apples Avocado Blackberries Figs *Pear Strawberries	1 Medium 1 Medium ½ Cup 5 Dried 1 Medium 1 Cup	3.7 8.5 3.8 8.7 4.0 3.4

*Good source of soluble fiber

Reference: Bowes and Church, Food Values of Portions Commonly Used. Lippincott Publishers, 1998.

This resource provides brief, general information about this health care topic. It does not take the place of the instructions you receive from your health care providers. Discuss the risks and benefits of therapies with your doctor and always take medication as prescribed. For answers to other questions talk to your health care provider.

