

## ***Increasing Fiber in Foods***

Fiber comes from the structural part of plants. Fiber is ONLY found in fruits, vegetables, whole grains and grain products. Fiber is not found in animal products such as meat, eggs and dairy foods. Fiber is a vital part of a healthy diet. There are two types of fiber described below. These fibers work differently and both have a positive impact on your health and wellbeing.

### **Insoluble Fiber**

Insoluble fiber passes through your digestive tract, serving a multitude of purposes. Insoluble fiber is useful in managing diabetes, constipation, hemorrhoids and may help to prevent some cancers.

### **Soluble Fiber**

Just like the name entails, soluble fiber forms a gel when mixed with a liquid. Soluble fiber aids in binding with cholesterol, thereby reducing blood cholesterol levels. This can help reduce your risk of heart disease. Soluble fiber also helps to control diabetes and elevated triglycerides, and has shown to be important in prevention of certain cancers.

### **How much fiber should I eat?**

A minimum of 25 – 35 grams of total fiber a day is recommended from the foods you eat. This includes both insoluble and soluble fiber. Increase the amount fiber in your diet slowly each day to reach recommended minimum levels. It is important to drink more water to help your body adapt to increased fiber. Aim for at least 8-10 glasses of water per day.

### **Fiber in Foods**

<b>Food</b>	<b>Serving</b>	<b>Total fiber</b>	<b>Soluble fiber</b>	<b>Insoluble fiber</b>
Almonds	½ cup	8g	1g	7g
Apple	1 medium	4g	1.5g	2.5g
Asparagus	1 cup	3g	1g	2g
Avocado	1/2 (3 ounces)	4g	2g	2g
Beets	1 cup	3g	1g	2g
Blueberries	½ cup	2g	0.5g	1.5g
Bran muffin	2 ounces	4g	1g	3g
Broccoli	1 cup	4.5g	2g	2.5g
Carrots, raw	1 medium	2g	1g	1g
Cherries	20	3g	1.5g	1.5g
Collard greens, cooked	1 cup	5g	2g	3g
Flaxseed, ground	1/4 cup	7g	3g	4g
Green beans	1 cup	4g	1.5g	2.5g
Millet	1 cup cooked	3g	1.5g	1.5g
Oat bran, Quaker	1¼ cup	6g	2g	4g
Oatmeal	1cup cooked	4g	2.5g	1.5g
Orange	1 medium	3g	2g	1g
Peach	1 (3 ounces)	2g	1g	1g
Pumpkin seeds	½ cup	2.5g	<1g	2g
Rice, brown	1 cup cooked	3.5g	<1g	3.5g
Uncle Sam's Cereal	1 Cup	10g	2g	10g
Walnuts	½ cup	2g	.5g	1.5g
Whole wheat bread	2 slices	4g	1g	3g