

NEAT Fact Sheet

Fiber

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Food sources of fiber include whole wheat, bran, fresh or dried fruits, and vegetables



- **What is dietary fiber**- parts of plant foods that your body can't digest or absorb
- **Dietary fiber can be divided into 2 categories**-insoluble and soluble
 1. Insoluble fiber- does not dissolve in water
 - Helps promote movement of material through your digestive system so it can help prevent constipation
 - Good sources are whole-wheat flour, wheat bran, nuts, and vegetables
 2. Soluble fiber- does dissolve in water
 - Can help lower cholesterol and blood glucose levels
 - Good sources are oats, peas, beans, apples, citrus fruits, carrots, barley, and psyllium
- **Benefits of fiber and recommendation**- helps with weight management and may reduce the risk for developing heart disease, diabetes, diverticular disease, and constipation. It's recommended that men get 38 g/day and women get 25 g/day.

Tips for Getting More Fiber in Your Diet

1. Choose whole grains instead of refined grains. Examples are...
 - Brown rice, bulgur, graham flour, oatmeal, whole grain corn, whole oats, whole rye, whole wheat, and wild rice
2. Include more fruits and vegetables in your diet such as....
 - Split peas, raspberries, pears, broccoli, apples with the skin, and green beans
3. Begin your day with a high-fiber breakfast cereal with either bran or fiber in the name.
4. Eat more beans, peas, and lentils and try adding them to salads or soups.
5. Remember to not add too much fiber too quickly to your diet or you may experience bloating and cramping. Gradually add high-fiber foods to your diet.

Food item	Fiber content in grams*
Split peas, cooked, 1 cup	16.3
Red kidney beans, boiled, 1 cup	13.1
Raspberries, raw, 1 cup	8.0
Whole-wheat spaghetti, 1 cup	6.3
Oat bran muffin, medium	5.2
Pear, medium with skin	5.1
Broccoli, boiled, 1 cup	5.1
Apple, medium with skin	4.4
Oatmeal, quick, regular or instant, cooked, 1 cup	4.0

