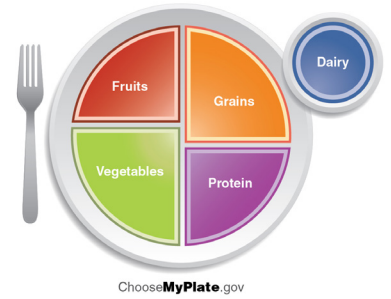


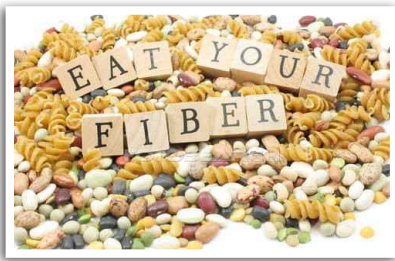


A Pioneering Area Agency on Aging

Fiber



Fiber is an important component to a healthy diet. It works in our body to promote digestive health, as well as helping to regulate many other functions of the body. There are two types of fiber, soluble and insoluble. Soluble fiber helps reduce cholesterol absorption, as well as managing blood glucose levels. Soluble fiber is found in foods such as whole grains, legumes and other produce. Insoluble fiber works in the body as tiny scrubbers for the intestinal track that eliminate waste and prevent constipation. Insoluble fiber is found in foods such as wheat bran and fruit skins. Research has shown that men who ate more than 25 grams of fiber per day had a 36 percent lower risk of developing heart disease.



Why We Need Fiber

High fiber foods are often considered to be “nutrient-dense” foods, meaning they provide large amounts of nutrients while being relatively low in calories. Nutrient-dense foods are likely to keep our stomachs full longer, which can have positive effects on our blood sugar levels as well as our waistlines. Fiber also works in our body to promote heart health by helping to lower LDL (“bad”) cholesterol levels. Soluble fiber binds with cholesterol and then removes it from the blood, preventing it from being reabsorbed into our bloodstream. Dietary fiber may also play a key role in preventing certain cancer of the intestines.

How Much?

Often times our diet falls short in fiber intake, with the average American only consuming 16 grams per day. It is

recommended to consume approximately 25 to 35 grams of fiber each day. It is important to gradually increase fiber consumption slowly. Eating too much fiber too quickly can cause unpleasant side effects. When increasing fiber intake, consume plenty of water. Water plays an important role in helping fiber with waste removal. Aim to make at least half of your grains whole grains to enjoy the taste and health benefits they have to offer!

Good Sources of Fiber

One of the most common questions for consumers is how do I know if the products I buy are a good source of fiber? Next time you’re at the grocery store, look at the Nutrition Facts Label of your favorite bread, breakfast cereal and pasta. Packaged items that are considered a “high fiber” source will contain at least 5 grams of fiber per serving. By following the recommended eating patterns set by the USDA shown on My Plate, fiber goals are easily met. MyPlate recommends eating 1 1/2 to 2 cups of fruits, 2 1/2 cups of vegetables, 6 ounces of grains (with at least half of the whole grains including whole wheat bread, oats and brown rice), 5 to 5 1/2 ounce protein, and 3 cups of dairy.

Call 402-441-7159 and talk with one of our registered dietitian nutritionists to discuss your diet goals and how to incorporate more fiber into your diet.



This fact sheet is distributed to help you obtain useful information regarding available community services and is not an inclusive list of providers. The information is subject to change following publication.



Fiber

Great dietary source for fiber.

B R H S P A S J P O N Y L L D
L X A E T N V O G R J E A A F
A X A S E U T B O S H L E E B
C R Z E P A N C N H C R M C R
K O R Z T B P A D L B A T I O
B G K O J O E K H T Y B A R C
E N E S P B G R A R X F O N C
A S T R A W B E R R I E S W O
N E W M K A H S G I F S C O L
S V I N N W W J H K E U A R I
N L B A E S E N U R P S R B A
R Y N L S E K O H C I T R A P
O A O G R E E N P E A S O J P
C H S N I S I A R L S P T Z L
W B L E N T I L S C A E S I E

APPLE

BARLEY

BROWN RICE

FIGS

LENTILS

OATMEAL

POTATOES

RASPBERRIES

ARTICHOKES

BLACK BEANS

CARROTS

GREEN PEAS

LIMA BEANS

PEAR

PRUNES

STRAWBERRIES

BANANA

BROCCOLI

CORN

GREENS

NUTS

POPCORN

RAISINS

WHOLE WHEAT BREAD