

FIBER IN FOODS

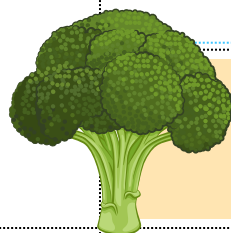
A GUIDE FOR THE GENERAL POPULATION

“ gr: grams
kcal: kilocalories ”

WHAT IT IS

A type of **carbohydrate** that your body does not digest and that can provide benefits for:

- > Heart Health: fiber can help lower blood cholesterol
- > Weight Management: by keeping you satiated for longer periods of time
- > Diabetes: by slowing down food digestion/absorption, hence, lowering blood glucose levels after meals
- > Digestion: by increasing feces bulk and bowel movements frequency



DAILY RECOMMENDED AMOUNT

> 14 gr for every 1,000 calories

OR

- > Women under 50..... **25-28 gr**
- > Women 51 or older..... **22 gr**
- > Men under 50..... **31-34 gr**
- > Men 51 or older..... **28 gr**



Exact amount may vary per individual, especially in those with gastrointestinal diseases/conditions. A low fiber diet may be prescribed in some clinical cases. .

Remember to drink **plenty of water** with a **high** fiber intake

WHERE IT IS

Plant-based products such as whole grains, beans, fruits, and vegetables.

TIPS TO INCREASE FIBER IN YOUR PLATE

- > Add oats or seeds to baked goods such as bread
- > Add beans or chickpeas to your salads and soups
- > Add chopped vegetables to rice, stir-fry, and sandwiches
- > Add fresh or dried fruits, seeds, and/or nuts to snacks like yogurt



HOW 4 (OR MORE) GRAMS OF FIBER LOOK

1 cup:
Oatmeal
Popcorn



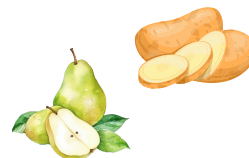
1/2 cup:
Quinoa
Beans or Chickpeas
Lentils
Peas
Tofu
Vegetables
Blueberries/Raspberries

2 tablespoons ground flaxseeds



3 tablespoons wheat bran***

1 medium potato with skin



1 medium pear

This handout was made for educational purposes and does not replace Nutrition Therapy.
For individualized nutrition counseling, contact your Registered Dietitian.

Sources: USDA. *Dietary Guidelines for Americans*, 2020-2025 [Online]; Academy of Nutrition and Dietetics. *Fiber*, 2020 [Online]