

Fiber

From the desk of Susan Cutshaw M.S.

The benefits of a high fiber diet have been credited with regulating bowel movements, lowering cholesterol levels, improving blood sugar levels, and weight reduction. Bottom line; a high fiber diet could reduce the risk for developing obesity, diabetes, and heart disease. But according to the Institute of Medicine, most American adults consume roughly 15 grams of fiber per day instead of the recommended 21 - 25 grams for women and 30 - 38 grams for men.

Plant fiber differs from carbs, fats, and protein because it can't be digested or absorbed. Instead, it passes through the stomach, small intestine, and colon on its journey through the body. Dietary fiber is found in plants; fruits, legumes, vegetables, and whole grains. It either dissolves in water, **soluble**, or it doesn't, **insoluble**. Both soluble and insoluble fiber is found in all plants in differing amounts. Good sources of high fiber are legumes, pears, oatmeal, nuts, seeds, whole grains, and berries.

It's a good idea to spread fiber intake throughout the day to avoid feelings of bloating, cramping, and gas. Jessica Crandall, RD, recommends 5 – 7 grams per meal, adding 3 -5 grams with snacks. When increasing daily fiber intake remember to increase water intake as well. The Institute of Medicine recommends that women drink approximately 2.7 liters per day (91 ounces) and men approximately 3.7 liters per day (125 ounces).

**Estimated water consumption is dependent on climate conditions, exercise level, and overall general hydration.*

This is a list of very small list of fiber rich foods. Nutrition labels also list fiber amounts per serving size.

***Grams = g**

Food	Serving Size	Fiber	Calories	Fat	Saturated Fat	Protein
Raspberries	1 cup	8 g fiber	64	1 g	0 g	1 g
Pear with skin	1 medium	5.5 g fiber	121	0 g		1 g
Blueberries	1 cup	4 g fiber	84	0 g		1 g
Artichoke	cooked 1 medium	10 g fiber	64	0 g		3 g
Broccoli	cooked 1 cup	5.1 g fiber	55	0.6 g	0.1 g	4 g
Brussels sprouts	cooked 1 cup	4.1 g fiber	56	0.8 g	0.1 g	4 g

Garbanzo beans	cooked 1 cup	12 g fiber	269	4 g	0 g	15 g
Black beans	cooked 1 cup	15 g fiber	227	1 g	0 g	15 g
Almonds	1/4 cup	4 g fiber	170	15 g	1 g	6 g
Quinoa	cooked 1 cup	5 g fiber	222	4 g	0 g	8 g

References

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