

# The Fiber Content in Foods

## What is fiber?

Dietary fiber is part of a plant material that cannot be digested by your body.

## How much fiber should I have in a day?

The typical American diet only contains about 10-15 grams of fiber daily.

- ❖ Women should aim for *21-25 grams* daily
- ❖ Men should aim for *30-38 grams* daily
- ❖ Both men and women should aim for *~10 grams soluble fiber* daily



## There are two types of dietary fiber:

### Soluble

- Absorbs water and turns to a gel-like substance which coats the colon and helps digestion.
- Helps lower cholesterol levels by binding to cholesterol in the digestive tract and in turn reducing the risk of heart disease.
- Regulates blood sugar levels by slowing digestion and absorption so that carbohydrates (sugar) from food enter the bloodstream more slowly.

### Insoluble

- Passes through the digestive tract unchanged. This helps keep your body regular by creating bulk and moving food through your GI tract faster and easier.
- This can also help prevent constipation and reduce the risk of colon cancer and hemorrhoids.

## Keep in Mind:

- ❖ Add fiber gradually to your diet if you do not typically eat a diet high in fiber-rich foods to avoid GI upset.
- ❖ Drink plenty of caffeine-free fluids (at least 6-8 cups a day), so your body can adapt to the added bulk without discomfort
- ❖ Try to get adequate fiber through foods instead of supplements.

Food Item	Serving Size	Total Fiber/ Serving (g)	Soluble Fiber/ Serving (g)	Insoluble Fiber/ Serving (g)
<b>Vegetables, cooked</b>				
Turnip	½ cup	4.8	1.7	3.1
Peas, frozen, green	½ cup	4.3	1.3	3.0
Okra, frozen	½ cup	4.1	1.0	3.1
Potato, sweet, flesh only	½ cup	4.0	1.8	2.2
Brussel sprouts	½ cup	3.8	2.0	1.8
Asparagus	½ cup	2.8	1.7	1.1
Kale	½ cup	2.5	0.7	1.8
Broccoli	½ cup	2.4	1.2	1.2
Green Beans, canned	½ cup	2.0	0.5	1.5
Tomato sauce	½ cup	1.7	0.8	0.9
Spinach	½ cup	1.6	0.5	1.1
Corn, whole kernel, canned	½ cup	1.6	0.2	1.4
Cauliflower	½ cup	1.0	0.4	0.6
<b>Raw Vegetables</b>				
Carrots, fresh	1, 7 ½ in. long	2.3	1.1	1.2
Celery, fresh	1 c. chopped	1.7	0.7	1.0
Onion, fresh	½ c. chopped	1.7	0.9	0.8
Pepper, green, fresh	1 c. chopped	1.7	0.7	1.0
Cabbage, red	1 cup	1.5	0.6	0.9
Tomato, fresh	1 medium	1.0	0.1	0.9
Mushrooms, fresh	1 cup pieces	0.8	0.1	0.7
Cucumber, fresh	1 cup	0.5	0.2	0.3
<b>Fruits</b>				
Apricots, fresh, w/ skin	4	3.5	1.8	1.7
Raspberries, fresh, w/ skin	1 cup	3.3	0.9	2.4
Figs, dried	1 ½	3.0	1.4	1.6
Pear, fresh, w/ skin	½ large	2.9	1.1	1.8
Orange, fresh, flesh only	1 small	2.9	1.8	1.1
Mango, fresh, flesh only	½ small	2.9	1.7	1.2
Apple, red, fresh, w/ skin	1 small	2.8	1.0	1.8
Strawberries, fresh	1 ½ cup	2.8	1.1	1.7
Peach, fresh, w/ skin	1 medium	2.0	1.0	1.0
Prunes, dried	3 medium	1.7	1.0	0.7
Blueberries, fresh	¾ cup	1.4	0.3	1.1
Banana, fresh	½ small	1.1	0.3	0.8
Grapes, fresh w/ skin	15 small	0.5	0.2	0.3
<b>Legumes (cooked)</b>				
Kidney beans, light red	½ cup	7.9	2.0	5.9
Navy beans	½ cup	6.5	2.2	4.3

Black beans	½ cup	6.1	2.4	3.7
Pinto beans	½ cup	6.1	1.4	4.7
Lentils	½ cup	5.2	0.6	4.6
Black-eyed peas	½ cup	4.7	0.5	4.2
Chick peas, dried	½ cup	4.3	1.3	3.0
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Wheat bran	½ cup	12.3	1.0	11.3
Wheat germ	3 tbsp.	3.9	0.7	3.2
Barley, pearled, cooked	½ cup	3.0	0.8	2.2
Spaghetti, whole wheat, cooked	½ cup	2.7	0.6	2.1
Popcorn, popped	3 cups	2.0	0.1	1.9
Spaghetti, white, cooked	½ cup	0.9	0.4	0.5
Rice, white, cooked	½ cup	0.8	trace	0.8
<b>Breads and Crackers</b>				
Pumpernickel	1 slice	2.7	1.2	1.5
Rye	1 slice	1.8	0.8	1.0
Whole wheat	1 slice	1.5	0.3	1.2
White	1 slice	0.6	0.3	0.3
<b>Cereals</b>				
Fiber One	½ cup	11.9	0.8	11.1
All Bran	1/3 cup	8.6	1.4	7.2
Raisin Bran	¾ cup	5.3	0.9	4.4
Shredded Wheat	1 cup	5.2	0.7	4.5
Grapenuts	¼ cup	2.8	0.8	2.0
Oatmeal, dry	1/3 cup	2.7	1.4	1.3
Cheerios	1 ¼ cup	2.5	1.2	1.3
Cream of wheat, regular, dry	2 ½ tbsp.	1.1	0.4	0.7
Corn Flakes	1 cup	0.5	0.1	0.4
Rice Krispies	1 cup	0.3	0.1	0.2
<b>Nuts and Seeds</b>				
Flaxseeds	1 tbsp.	3.3	1.1	2.2
Peanut Butter, smooth	1 tbsp.	1.0	0.3	0.7
Almonds	6 whole	0.6	0.1	0.5
Peanuts, roasted	10 large	0.6	0.2	0.4
Sesame seeds	1 tbsp.	0.5	0.2	0.3
Sunflower seeds	1 tbsp.	0.5	0.2	0.3
Walnuts	2 whole	0.3	0.1	0.2
Chia seeds	2tbsp	10		

**GOLD** = High soluble fiber

**BLUE** = High insoluble fiber

### Additional Fiber Resources Online:

- ❖ <http://www.prebiotin.com/resources/fiber-content-of-foods/> --A to Z Fiber Content of Foods
- ❖ <http://www.mayoclinic.org/healthy-living/recipes/high-fiber-recipes/RCS-20077194> --High Fiber Recipe Ideas
- ❖ Download "High Fiber Food List" --\$1.99 app for your iPhone available at the App Store

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