

Fiber Facts & Tips

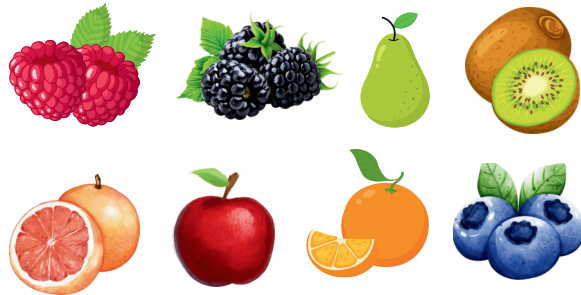


Fiber Needs

- 14g per 1000 calories
- Men age 14-50 need 31-34g/day
- Men over 50 need 28g/day
- Women age 14-50 need 25-28g/day
- Women over 50 need 22g/day

Fiber Benefits

- Optimal digestion & feeds gut bacteria
- Satiety/Keeps you full longer
- Blood sugar balance
- Healthy cholesterol levels
- Reduces risk of heart disease & some cancers



Fruits

- Raspberries (1 cup) = 8g
- Blackberries (1 cup) = 7.6g
- Pear (1 med) = 5.5g
- Kiwi (1 cup) = 5.4g
- Grapefruit (1 med) = 5g
- Apple (1 med) = 4.8g
- Orange (1 med) = 3.7g
- Blueberries (1 cup) = 3.6g
- Banana (1 med) = 3.2g
- Strawberries (1 cup) = 3g
- Cherries (1 cup) = 2.9g

Fiber Sources



Vegetables

- Artichoke (1 cup) = 9.6g
- Brussels sprouts (1 cup) = 6.4g
- Jicama (1 cup) = 5.9g
- Broccoli (1 cup) = 5.2g
- Cauliflower (1 cup) = 4.9g
- Carrots (1 cup) = 4.8g
- Collard greens (1 cup cooked) = 4.8g
- Kale (1 cup cooked) = 4.7g
- Spinach (1 cup cooked) = 4.3g
- Swiss chard (1 cup cooked) = 3.7g
- Mushrooms (1 cup) = 3.4g
- Bell pepper (1 cup) = 3.1g
- Asparagus (1 cup) = 2.9g



Legumes

- Green peas (1 cup) = 8.8g
- Adzuki beans (1/2 cup) = 8.4g
- Lentils (1/2 cup) = 7.8g
- Pinto beans (1/2 cup) = 7.7g
- Black beans (1/2 cup) = 7.5g

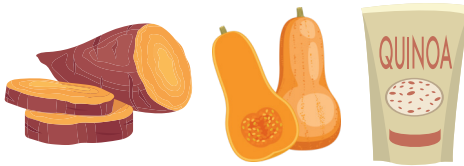


- Chickpeas (1/2 cup) = 6.3g
- Barilla Red Lentil Rotini (2oz serving) = 6g
- Kidney beans (1/2 cup) = 5.7g
- Edamame (1/2 cup) = 4g
- Peanut butter (2 T) = 2g



Grains/Starchy Veg

- Sweet potato (1 cup) = 6.3g
- Winter squash (1 cup) = 5.7
- Quinoa (1 cup cooked) = 5g
- Dave's Killer Epic Everything Bagels (1 bagel) = 5g
- Oats (1 cup cooked) = 4g
- Corn (1 cup) = 4g
- Dave's Killer Bread Powerseed (1 slice) = 4g
- Potato (1 med, baked with skin) = 3.9g
- Brown rice (1 cup cooked) = 3.5g
- Food for Life 7 Sprouted Grains Bread (1 slice) = 3g
- Wasa Whole Grain Crispbread (1 slice) = 3g
- Mary's Gone Crackers Super Seed (12 crackers) = 3g
- Maria & Ricardo's Sprouted Grain tortillas (1 tortilla) = 3g
- Popcorn (1 cup popped) = 1.9g



Soluble VS Insoluble

(Most foods are a combo of the two)

Soluble: Slows down digestion so can be helpful for diarrhea. Dissolves in water, soaking it up to form a gel-like substance supportive of lowering cholesterol & regulating blood sugar levels. Good sources include oats, peas, avocado, beans/legumes, chia seeds, apples, pears, apricots, bananas, citrus, sweet potatoes, carrots, broccoli, Brussels sprouts.

Insoluble: Speeds up the movement of waste through the digestive system & adds bulk to the stool so can be helpful for constipation. Good sources include nuts, seeds, potatoes, fruits/vegetables (esp with skins/peels), avocado, beans/legumes, whole grains.

Tips to Boost Fiber Intake

- Gradually increase your fiber intake to allow your GI tract time to adapt.
- Include fruits & vegetables with meals and snacks.
- Choose whole grain products over refined.
- Add beans or lentils into salads or soups/chili.
- Sprinkle chia or ground flax into yogurt, smoothies or oatmeal.
- Snack on raw veggies with hummus, guacamole and salsa.
- Enjoy fruit & nuts for dessert.
- Look for fiber content on the Nutrition Facts panel on crackers, breads, cereals, granola, etc.
- Drink more water to help fiber do its job effectively.



Source: Mainly Dietary Guidelines for Americans, some from Nutrition Labels
(values can differ depending on source)

