

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

Fiber

Add fiber naturally to keep your body healthy



Dietary fiber is found abundantly in fresh fruits and vegetables and whole grains. There are two main classes of fiber, soluble and insoluble. It is important to include good sources of both in your diet because they each have a role in keeping your body healthy.

Soluble fibers dissolve in water and are found in fruits, vegetables, barley and oats. Soluble fibers bind to cholesterol and excrete it from the body. **Insoluble fiber** cannot be dissolved in water and is found in whole grain products. Insoluble fibers help to increase stool bulk. The American Heart Association recommends obtaining 25–30 grams of fiber from foods daily. The average American consumes only 14–15 grams daily.

Choosing foods in their closest to nature state (least processed) significantly increases the fiber content. For example, 1 small tomato contains 20 calories and 1.4 grams of dietary fiber. Process that tomato into ½ cup of tomato sauce and it will provide 20 calories and only 0.5 grams of dietary fiber. In addition to losing out on the benefits of almost a gram of fiber, you will ingest an additional 727 mg of sodium by

choosing the tomato sauce over the fresh tomato.

This situation is repeated over and over throughout your day as you make food choices; an apple or applesauce; an orange or orange juice, a baked potato or French fries, whole grain cereal or cereal made with refined grains, hearty whole grain bread or white bread. Choosing foods that are closest to nature throughout your day will naturally add more fiber to your daily diet.

Delicious Fiber Filled Treats!

Fresh strawberries are huge, sweet and juicy right now. Add them to your morning cereal, blend them into your protein smoothie, take them for your morning snack, garnish your high protein pudding with them, dollop them with light whipped cream, mix them with your other favorite fruits, stir them into your yogurt or just pop one in your mouth (and then chew very, very well).

1 cup of fresh strawberries has 45 calories; about 3 grams of dietary fiber; a caloric density of 9 calories per ounce; a low glycemic index of 40 and a low glycemic load of 1.3. Enjoy!

The 3 “B’s” of Fiber*

Remember the three B's of fiber: *bran, beans, and berries*. One serving of bran plus one serving of beans each day will give you over half your total daily fiber needs. And remember: bran and berries blend well into smoothies.

The 4 “A’s” of Fiber

Remember the four A's of fiber: *apples, artichokes, apricots, and avocados*.

Best sources of *soluble* fiber:

- oat bran
- kidney beans
- lentils
- sweet potatoes
- oranges
- broccoli
- pears
- apples
- barley
- peas

Best sources of *insoluble* fiber:

- wheat bran
- legumes
- skin of fruit
- seeds and nuts: sunflower seeds, soybean nuts, almonds

*For more fiber tips, visit <http://www.askdrsears.com/html/4/t041500.asp>





DIETARY FIBER CONTENT

OF COMMON FOODS

	Serving size	Total Fiber (grams)	Soluble Fiber (grams)	Insoluble Fiber (grams)
BREAKFAST CEREALS				
All-Bran	1/3 c (28 gm)	8.43	.59	7.84
Cornflakes	1 1/4 c (28 gm)	1.20	.14	1.06
40% Bran-type	3/4 c (28 gm)	5.46	.56	4.90
Oatmeal, regular, cooked	1 c (234 gm)	4.45	1.64	2.81
Puffed rice	1 c (28 gm)	.53	.14	.39
Shredded Wheat	2/3 c (28 gm)	3.16	.31	2.86
Wheat germ	1/4 c (56 gm)	7.84	.62	7.22
FRUITS				
Apple, no skin	1 med (138 gm)	2.07	.28	1.79
Apple, with skin	1 med (138 gm)	2.76	.28	2.48
Banana	1 med (114 gm)	1.94	.57	1.37
Cantaloupe	1/4 (133 gm)	.93	.13	.80
Grapes	20 (100 gm)	1.00	.10	.90
Orange	1 med (131 gm)	2.49	.79	1.70
Pineapple, canned	1/2 c (125 gm)	.88	.13	.75
Raisins	1/4 c (36 gm)	1.51	.22	1.30
Strawberries	1 c (149 gm)	2.68	.60	2.09
VEGETABLES				
Beans, green	1/2 c (67 gm)	1.27	.34	.94
Broccoli, raw	1/2 c (78 gm)	2.57	.23	2.34
Cabbage, raw	1 c (70 gm)	1.19	.07	1.12
Carrots, raw	1 med (72 gm)	1.80	.14	1.66
Corn, frozen, cooked	1/2 c (83 gm)	1.74	.08	1.66
Potato, no skin	1 med (156 gm)	2.03	.47	1.56
Potato, with skin	1 med (202 gm)	5.05	1.21	3.84
Turnip greens, frozen	1/2 c (82 gm)	2.05	.08	1.97
LEGUMES				
Kidney beans, canned	1/2 c (128 gm)	6.66	1.41	5.25
Pork and beans, canned	1/2 c (128 gm)	5.63	1.79	3.84
Peas, green, frozen	1/2 c (80 gm)	2.80	.24	2.56
BREADS, PASTA				
Bread, white	1 sl (25 gm)	.65	.15	.50
Bread, whole wheat	1 sl (28 gm)	2.59	.57	2.02
Rice, regular, cooked	1/2 c (102 gm)	.41	.10	.31
Spaghetti, cooked	1 c (140 gm)	2.10	.56	1.54

Adapted from Marlett, JA. Content and composition of dietary fiber in 117 frequently consumed foods. J Am Diet Assoc 92:175-186, 1992.