

FIBER FACTS

National Center for Nutrition and Dietetics

Fiber is a substance found in plants, such as fruits, grains, and vegetables. Dietary fiber is made up of two types; soluble and insoluble. Soluble fiber forms a gel when mixed with liquid, insoluble fiber does not. Insoluble fiber passes through your digestive tract largely intact. Both are important for good health.

Soluble fiber is found in oats, peas, beans, certain fruits, and psyllium. Soluble fiber has been shown to help reduce blood cholesterol levels, and therefore help reduce the risk of heart disease.

It is recommended that Americans eat 20-35 grams of fiber each day, including both soluble and insoluble fiber.

www.eatright.org

800.366.1655 ADA Hotline

Fiber amounts in common foods:

<u>Food</u>	<u>Total Fiber (gms)</u>	<u>Soluble Fiber (gms)</u>	<u>Insoluble Fiber(gms)</u>
1/2 cup broccoli	2.0	0	2.0
1/2 cup corn	1.5	0	1.5
1/2 cup spinach	2.0	0.5	1.5
1/2 cup white rice	0.5	0	0.5
2 Tbsp PB	1.5	0	1.5
1/2 cup strawberries	1.0	0	1.0
1/4 cup oatmeal	3.0	1.0	2.0
1/4 cup bran cereal	5.5	0.5	5.0
1 cup pasta	2.0	0.5	1.5