

ALL ABOUT FIBER

WHAT IS FIBER? WHERE IS IT FOUND?

Fiber is a type of indigestible carbohydrate, that is found in plants such as fruits, vegetables, whole grains, legumes, nuts and seeds. The 2 types of fiber are soluble and insoluble and they benefit us in different ways.

RECOMMENDED INTAKE:

It is recommended to consume 14 grams for every 1,000 calories we eat. It's recommended to consume **21-25 grams** per day for **women**, and **30-38 grams** per day for **men**.

SOLUBLE FIBER

- Helps decrease LDL cholesterol, also known as the "bad" cholesterol, by acting as a sponge that binds to the cholesterol and fat in your food.
- May help to lower blood pressure
- Helps with diarrhea because it helps to absorb water
- Helps control blood sugar levels, which can help reduce the risk of diabetes.
- Helps to slow digestion, preventing spikes in blood glucose levels and keeping you satisfied for longer.
- **Oats, quinoa, barley, brown rice, popcorn**
- **Avocado, broccoli, carrots, green beans, kale, sweet potato, brussels sprouts, spinach**
- **Apples, bananas, berries, oranges, pears, bananas**
- **Black beans, peas, lentils, peas, Chickpeas**
- **Almonds, chia seeds, peanuts, pumpkin seeds, flaxseeds**

INSOLUBLE FIBER

- Does not absorb water but adds bulk to your stool by pulling in water to your stool, making it softer and easier to pass with less strain.
- Helpful for constipation.
- May lower the risk of colorectal cancer by eliminating waste.
- **Quinoa, sweet potatoes, wheat bran, brown rice, amaranth**
- **Cauliflower, Brussels sprouts, green peas, spinach, kale, carrots, asparagus, cabbage, bell peppers**
- **Raspberries, figs, blackberries, apples, pear, strawberries, oranges.**
- **Lentils, pinto beans, soybeans, kidney beans**
- **Almonds, pine nuts, pistachios, peanuts, sesame seeds, sunflower seeds**
- **NOTE: Lots of the insoluble fiber come from the seeds and skins of fruit. You won't get as much insoluble fiber if you peel the skin.**

TIPS TO INCORPORATE MORE FIBER DAILY

- Incorporate veggies into each meal, and eat them first.
- Opt for whole grains, for example instead of white bread/pasta try whole grain pasta/bread.
- Snack on fruit, nuts and seeds or beans such as crunchy chickpeas.
- Add fruits and veggies as toppings for example, add berries on top of oatmeal or cereal, or add veggies to your pasta sauce.
- Be mindful of the nutrition facts label if you don't know where to start.
- Avoid peeling the skins of fruits and veggies, this adds more fiber and nutrients.

When looking at the nutrition facts label, **2.5 grams** of fiber per serving is considered a **good** source of fiber while **5+ grams** of fiber is considered **high and recommended**

Nutrition Facts

Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
% Daily Value*	
Total Fat 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	
Vitamin A 1%	• Vitamin C 3%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

FOODS WITH FIBER CHEAT SHEET



1 CUP Cooked OATMEAL (Rolled oats)

~4 grams of fiber



1 SWEET POTATO

6 grams of fiber



1 CUP BROWN RICE

3.5 grams of fiber



1 APPLE

4.5 grams of fiber



1 CUP Cooked BARLEY

~6 grams of fiber



1 BANANA

3 grams of fiber



1 CUP QUINOA

5 grams of fiber



1 PEAR

6 grams of fiber



1 CUP POPCORN

3.5 grams of fiber



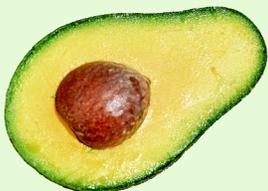
1/2 CUP BLACK BEANS

7.5 grams of fiber



1 CUP LENTILS

16 grams of fiber



1/2 AVOCADO

4.5 grams of fiber



1 TBSP CHIA SEEDS

4 grams of fiber



1 CUP BROCCOLI

2.5 grams of fiber



1/2 Cooked CUP CHICKPEAS

~6 grams of fiber



1 CUP CARROTS

3 grams of fiber



1oz or 23 nuts OF ALMONDS

~4 grams of fiber

FOODS WITH FIBER CHEAT SHEET



1 CUP RASPBERRIES
8g fiber



1 MEDIUM ARTICHOKE
7g of fiber



1 CUP GREEN PEAS
9g of fiber



1 CUP BLACKBERRIES
8g of fiber



1 CUP STRAWBERRIES
3g of fiber



1 MEDIUM FIG
(fresh)
1.5g of fiber



1 CUP RAISINS
5g of fiber



1 CUP SPINACH
(cooked)
4g of fiber



1 CUP BRUSSELS SPROUTS
(cooked)
6g of fiber



1 CUP BEETS
(cooked)
4g of fiber



1 CUP CORN
(cooked)
4g of fiber



1 MEDIUM BAKED POTATO
(with skin)
4g of fiber



1 CUP FARRO
(cooked)
5g of fiber



1 OZ SUNFLOWER SEEDS
3g of fiber

FOODS WITH FIBER CHEAT SHEET



1 OZ PISTACHIOS
3g fiber



1 OZ PUMPKIN SEEDS
2g of fiber



1 CUP POMEGRANATE SEEDS
7g of fiber



1 CUP SWISS CHARD
(cooked)
4g of fiber



1 CUP TURNIP GREENS
(cooked)
5g of fiber



1 CUP ZUCCHINI
(cooked)
2.5g of fiber



1 CUP ASPARAGUS
(cooked)
3.5g of fiber



1 CUP CAULIFLOWER
(cooked)
3.5g of fiber



1 MEDIUM PERSIMMON
6g of fiber



1 CUP DATES
(chopped)
12g of fiber



1 CUP SHREDDED COCONUT
(unsweetened)
7g of fiber



1OZ DARK CHOCOLATE
(70-85% cocoa)
~4 g of fiber



1 CUP DRIED APRICOTS
9g of fiber



1 MEDIUM MANGO
5g of fiber