

EXAMPLES OF HIGH-FIBER FOODS THROUGHOUT THE DAY

Breakfast: Whole grain toast, oatmeal, cereals such as Total, Raisin Bran, etc., dried fruits such as apricots, dates, plums and raisins, fresh fruits such as blackberries, blueberries, strawberries, or raspberries.

Lunch/Dinner:

- Legumes
 - Lentils, split peas, black beans, lima beans
- Vegetables
 - Artichokes, peas, broccoli, Brussels sprouts
- Fruits
 - Raspberries, blackberries, avocados, pears

Sneaky Tips: add chia seeds or flax seeds to your favorite dishes to increase the fiber content

Fiber Focus



PRESENTED BY STUDENT WELLNESS PROGRAM

WHAT IS DIETARY FIBER?

Dietary fiber is the whole part of a plant that is consumed but not digested by the human body. Unlike proteins, carbohydrates and fats, dietary fiber cannot be broken down and absorbed for the body to use. Instead, fiber is passed through the small intestine, large intestine and colon and out of the body.

Fiber is classified into two different types; soluble and insoluble. Soluble fiber will dissolve in water and form a gel-like consistency. Insoluble fiber is just as it sounds; it does not dissolve and passes through the digestive tract intact.

WHAT ARE THE BENEFITS OF A HIGH FIBER DIET?

Soluble fiber is known to lower LDL (bad) cholesterol, as well as glucose levels by slowing the absorption of sugars in the blood.. Insoluble fiber promotes the movement of materials through the digestive system and increases stool bulk. Bulky stools will normalize bowel movements because it is easier to pass, Fiber also absorbs water, therefore increased fiber may help decrease the amount of loose, watery stools. Fiber also can help aid in healthy weight management. High fiber meals tend to make you feel fuller, longer, which will help in not overeating.

WHAT FOODS CONTAIN FIBER?

Soluble Fiber: oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

Insoluble Fiber: Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes.

Most plant-based foods, such as oatmeal and beans, contain both soluble and insoluble fiber.

WHAT HAPPENS IF I DON'T HAVE ENOUGH FIBER IN MY DIET?

When inadequate fiber is consumed in the diet, the risk for developing hemorrhoids and small pouches in your colon (diverticular disease) is drastically increased. These develop after long periods of low fiber intake .A lifelong low fiber intake can also increase the risk for developing colorectal cancer.

HOW MUCH FIBER DO I NEED?

| | Age 50 or younger | Age 51 or older |
|-------|-------------------|-----------------|
| Men | 38 grams | 30 grams |
| Women | 25 grams | 21 grams |



RESOURCES

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>