
Types of Fiber

What is Fiber?

- Fiber is a substance in plants that is not digested
- There are two types of dietary fiber: Soluble and Insoluble
- Drink plenty of water when increasing fiber intake to help with preventing gas
- Get fiber from food instead of supplements

Soluble Fiber

- Slows down digestion
- Helps lower “bad” cholesterol levels and can reduce the risk of heart disease
- Helps stabilize blood sugar levels
- Food sources include brussels sprouts, acorn squash, lima beans, broccoli, cabbage, green beans, onions, turnips, carrots, okra, and eggplant

Insoluble Fiber

- Passes through the digestive tract unchanged
- Adds bulk to stool which can help prevent constipation and reduce the risk of colon cancer
- Food sources include whole wheat or whole grain products, wheat bran, and vegetables

How Much Fiber Do I Need?

- Men under 50 years of age: 31-34 grams per day
- Men 51 years of age and older: 28 grams per day
- Women under 50 years of age: 25-28 grams per day
- Women 51 years of age and older: 22 grams per day
- Soluble fiber should be 5-10 grams of total daily fiber

Ways to Increase Fiber in Your Diet

- Leave the skin on fruits and vegetables when possible
- Eat more fruit such as pears and prunes which are rich in fiber
- Eat more beans, can add these to soups or casseroles
- Eat more whole grains such as whole wheat pasta, oatmeal, barley, or whole wheat bread
- Add flaxseed to oatmeal, fruit, casseroles, etc