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# Types of Fiber

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## What is Fiber?

- Fiber is a substance in plants that is important for health and digestion. There are two types of dietary fiber: soluble and insoluble

## Soluble Fiber

- Absorbs water and turns to gel which slows down digestion
- Helps lower cholesterol levels and can reduce the risk of heart disease
- Helps stabilize blood sugar levels
- Food sources include oat bran, barley, nuts, seeds, beans, lentils, peas, and some fruits and vegetables

## 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: 38 grams per day
- Men over 50 years of age: 30 grams per day
- Women under 50 years of age: 25 grams per day
- Women over 50 years of age: 21 grams per day

## Ways to Increase Fiber in Your Diet

- Leave the skin on fruits and vegetables when possible, for example on apples or potatoes
- Eat more beans
- Eat more whole grains such as whole wheat pasta, oatmeal, or whole wheat bread

## Tips to Remember

- Increase water intake as you gradually increase fiber intake
- Try to get fiber through foods instead of supplements

## Sample Menu with 35 grams Fiber

Breakfast	Lunch	Dinner
<p>1 large orange</p> <p>1 cup spoon sized shredded wheat</p> <p>1 cup 1% milk</p>	<p>Bean Burrito:</p> <p>1 whole wheat tortilla (soft taco size)</p> <p>1/2 cup black beans</p> <p>chopped onion</p> <p>1 oz cheese</p> <p>2 Tbsp salsa</p> <p>1/2 cup shredded romaine lettuce</p> <p>1 medium pear</p> <p>1 cup 1% milk</p>	<p>4oz skinless chicken breast, baked or grilled</p> <p>1/2 cup cooked barley (cooked in low sodium chicken broth)</p> <p>1/2 cup steamed broccoli and 1/2 cup steamed cauliflower with olive oil and pepper</p> <p>1 cup spinach with chopped tomato and carrot topped with oil and vinegar</p> <p>3/4 cup fresh cubed pineapple</p>