

NUTRITION INFORMATION FROM YOUR DIETITIAN

High Fiber Diet

Fiber gives strength and structure to plants. Dietary fiber or “roughage” refers to the part of a plant that cannot be fully digested by the human body. A high fiber diet may help lower blood cholesterol levels, help control diabetes, as well as reduce your risk for other health problems.

Types of fiber and their benefits

There are two types of fiber: insoluble and soluble. Both aid in digestion and help you maintain a healthy weight.

- **Insoluble fiber** prevents constipation and reduces the risk for certain types of cancers. It is the structural part of plants and doesn't dissolve in water. It is found in whole grains, cereals, raw vegetables, skins of fruits, corn, and nuts.
- **Soluble fiber** can reduce cholesterol, which may lower the risk for heart disease. It also helps control blood sugar levels. It dissolves in water to form a gel. It is found in oats, beans, barley, lentils and certain fruits and vegetables



How much do we need?

Adults need 25-35 grams per day of total fiber. Children under 18 years old need 5 gram of fiber + their age (in grams of fiber).

General guidelines

- Slowly increase the amount of fiber in your diet to let your body adjust.
- Drink plenty of fluids. Drink at least 8 cups a day. Fluid helps your body process fiber without discomfort.
- Choose whole-grain breads, cereals, pastas, rice, or corn tortillas more often.
- Eat vegetables. Eat at least 2.5 cups a day. Add carrots, broccoli, spinach, and asparagus to your meals.
- Eat fruits. Try to eat 2 cups of fruits a day. Apples, oranges, strawberries, raspberries are good sources of fiber. (Note: Fruit juice is low in fiber.)
- Select soups made with navy beans, black beans or other beans as a main ingredient. Add beans to homemade soups.
- Add fruit to cereals and yogurt.
- Snack on fresh fruits, raw vegetables, nuts, or whole grain crackers during the day.
- Sprinkle 2 tablespoons of wheat germ, wheat bran, or oat bran on cereal or yogurt.
- Add kidney beans, peas, sunflower seeds or other nuts and beans to salads.
- Add bran cereals or unprocessed bran to muffins, cookies, meatballs, or meatloaf prior to cooking.
- When appropriate, eat the skin of fruits and vegetables.
- For more tips, see Intermountain Fact Sheet: High Fiber Eating Plan

Dietitian: _____

Phone: _____

Facility: _____

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

Table 1: FIBER CONTENT OF SELECTED FOODS

Listed below is the fiber content of selected foods. For other foods, be sure to check the **Nutrition Facts** label.

Breads / Grains / Cereals	Fiber	Vegetables (1/2 cup cooked)	Fiber
All-Bran, ½ cup	9g	Broccoli	3g
Cheerios, 1 cup	3g	Brussels Sprouts	2g
Corn Flakes, 1 cup	1g	Cabbage	1g
Frosted Mini Wheats, 21 bite-size biscuits	6g	Carrots	2g
Grape Nuts, ½ cup	8g	Cauliflower	1g
Oat bran muffin, 1 small	3g	Corn	2g
Oatmeal, 1 cup cooked	4g	Green string beans	2g
Plain bagel, large (4-1/2" diameter)	2g	Peas	4g
Raisin Bran, 1 cup	7g	Potato, 1 med w/skin, baked	4g
Regular pasta, 1 cup cooked	2g	Spinach	2g
Wheat Chex, ¾ cup	6g	Squash, summer	1g
Wheaties, ¾ cup	3g	Sweet Potatoes	3g
Whole wheat bread, 1 slice	2g	Zucchini	1g
Whole wheat pasta, 1 cup cooked	4g		
Fruits		Legumes (1/2 cup cooked)	
Apple, 1 med. (3" diameter) without skin	1g	Baked beans	7g
Apple, 1 medium (3" diameter) w/ skin	4g	Black beans	8g
Apricot, 4 individual	3g	Chickpeas (garbanzo beans)	6g
Avocado, ½ cup sliced	5g	Kidney beans	7g
Banana, 1 medium (7 to 7-7/8" long)	3g	Navy beans	10g
Blueberries ½ cup	2g		
Dates, 5 individual	3g	Nuts	
Grapefruit, ½ medium (4" diameter)	1g	Almonds, 1 ounce	4g
Orange, 1 small (2-3/8" diameter)	2g	Cashews, 1 ounce	1g
Peach, 1 medium (2-2/3" diameter) w/ skin	2g	Chunky peanut butter, 2 Tablespoons	3g
Pear, 1 medium, with skin	3g	Creamy Peanut butter, 2 Tablespoons	2g
Prunes, 5 individual	2g	Peanuts, 1 ounce	2g
Raisins, ¼ cup	4g		
Raspberries ½ cup	6g	Fiber Supplements & Miscellaneous	
Strawberries, 1 cup	3g	Citrucel, 1 rounded tablespoon	2g
		Metamucil, 1 rounded teaspoon	3g
		Oat bran, uncooked, ¼ cup	4g
		Wheat bran, ¼ cup	6g
		Wheat germ, ¼ cup	3g
		Whole wheat flour, 1 cup	2g

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Label Hints

Some food labels list claims about fiber. When understood, these claims can be helpful to determine the fiber content of an item. Always look at the serving size indicated on the label.

- **“High” or “Rich in Fiber”**: The food item must contain at least 5 grams of fiber per serving.
- **“Good source of fiber” or “contains fiber”**: The item must provide 2.5-4.9 grams of fiber per serving.
- **“More” or “added fiber”**: The product must have at least 2.5 grams more fiber than the regular product.

A serving size tells you how much of a food or a liquid is in 1 serving.

Nutrition Facts	
Serving Size ½ cup (130g)	
Serving Per Can 3½	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510g	21%
Total Carbohydrates 28g	9%
Dietary Fiber 6g	24%
Sugars 11g	
Protein 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This number tells you how many grams (g) of fiber are in 1 serving.

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