



# IMPORTANCE OF FIBER

Healthy Eating  
Tip of the  
Month

June 2021

# What is Fiber?

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Fiber is a carbohydrate derived from plant based foods which cannot be broken further into simple digestible molecules.

## Dietary fiber:

It is a form of non-digestible carbohydrate found in fruits, vegetables, and grains. It includes soluble and non-soluble fibers and is an important part of a healthy diet.

## Functional Fiber:

It is a form of non-digestible carbohydrate that is synthesized in a laboratory to make supplemental fiber which is then added to foods during processing.



# Understanding Dietary Fiber

## SOLUBLE & INSOLUBLE FIBER

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A generous intake of foods high in fiber can promote gut regularity, and reduce the risk of developing heart disease, stroke, high blood pressure and diabetes.

There are two kinds of Fiber:

Soluble Fiber:

Main Source: Fruits & vegetables

- Lower Cholestrol
- Stabilize blood sugar
- Reduce risk of heart disease
- Promote healthy gut bacteria

Insoluble Fiber:

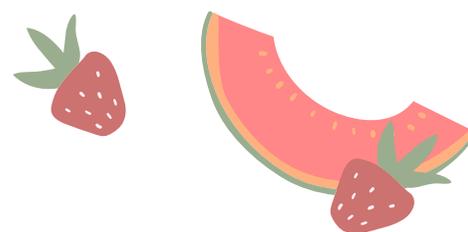
Main source: Cereal & whole grain

- Preventing constipation
- Lowering the risk of diverticulosis



# Foods High In Fiber

Fruits	Portion	Grams of Fiber
Raspberries	1 cup	8.0
Blackberries	1 cup	7.8
Pear, Asian	1/2 Medium	6.5
Passion fruits	1/8 cup	6.1
Kiwi fruit	1/2 cup	5.4
Grapefruit	1/2 fruit	5.0
Apple, with skin	1/2 Medium	4.8
Orange	1/2 Medium	3.7
Blueberries	1/2 cup	3.6
Mandarin orange	1/2 cup	3.5
Tangerine (tangelo)	1/2 cup	3.5
Pomegranate Seeds	1/4 cup	3.5
Prunes or dried plum	1/4 cup	3.1
Banana	1 Medium	3.2
Strawberries	1 cup	3.0



Grains	Portion	Grams of Fiber
Ready-to-eat cereal, high fiber, unsweetened	1/2 cup	14.0
Ready-to-eat cereal, whole grain kernels	1/2 cup	7.5
Ready-to-eat cereal, wheat, shredded	1 cup	6.2
Popcorn	3 cups	5.8
Ready-to-eat cereal, bran flakes	3/4 cup	5.5
Bulgur, cooked	1/2 cup	4.1
Barley, pearled, cooked	1/2 cup	3.0
Ready-to-eat cereal, toasted oat	1 cup	3.0
Oat bran	1/2 cup	2.9
Crackers, whole wheat	1 ounce	2.9
Chapati or roti, whole wheat	1 ounce	2.8
Tortillas, whole wheat	1 ounce	2.8

# Foods High In Fiber

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Vegetables & Legumes	Portion	Grams of Fiber
Green peas, cooked	1/2 cup	8.8
Split peas, cooked	1/2 cup	8.2
Lentils, cooked	1/2 cup	7.8
Black turtle beans, cooked	1/2 cup	7.7
Pinto Beans, cooked	1/2 cup	7.7
Black beans, cooked	1/2 cup	7.5
Brussels sprouts, cooked	1 cup	6.4
Chickpeas (garbanzo beans), cooked	1/2 cup	6.3
Sweet potato, cooked	1 cup	6.3
Yam, cooked	1 cup	5.3
Broccoli, cooked	1 cup	5.2
Avocado	1/2 cup	5.0
Cauliflower, cooked	1 cup	4.9
Carrots, cooked	1 cup	4.8
Kale, cooked	1 cup	4.7
Spinach, cooked	1 cup	4.3
Cabbage, cooked	1 cup	4.1
Corn, cooked	1 cup	4.0
Potato, baked, with skin	1 Medium	3.9
Asparagus, cooked	1 cup	2.9



# Where do you find fiber on the label?

<b>Nutrition Facts</b>	
34 servings per container	
<b>Serving size</b>	<b>1/4 Cup (40g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 140mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## DIETARY FIBER

Dietary fiber is a non-digestible form of carbohydrate



Based on research, adequate intake of fiber is:

- 25 grams for adult women <50
- 38 grams for adult men <50
- 30 grams for men over 50
- 25 grams for women over 50

# Tips to add more fruits and vegetables in your diet

1. Add fruits to your bowl of cereal.
2. Make sandwiches with vegetables such as zucchini, spinach, cucumber, etc.
3. Eat celery, carrots or any other vegetables of your choice with hummus.
4. Make smoothies with fruits and vegetables of your choice.
5. Add mashed or chopped vegetables to your stew, sauce, soup or puree.
6. Buy fruit cups for easily packable snack item.



# Tips to add more grains to your diet

1. Choose a high fiber, whole grain breakfast cereal or oatmeal.
2. Choose whole grain items over refined when shopping for breads, buns, bagels, tortillas, pastas or other grains.
3. Try different grains such as buckwheat, bulgur, millet, quinoa, sorghum, and whole rye or barley.
4. Try to choose 100% whole grain snack to munch on.
5. Choose brown rice over white rice, whole grain pasta over white pasta.



# Key Tips

- If your diet is low in fiber, make sure to take gradual steps to increase your intake of fiber.
- With increased fiber intake, make sure to drink plenty of water throughout the day to promote bowel movement regularity



# References

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**Shruti Aggarwal**  
**Patient Food and Nutrition**  
**Services**  
**300 N. Ingalls Street**  
**NIB N18E20**  
**Ann Arbor, MI 48109-5407**  
**(734) 936-5197**



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN