

Fiber Facts:

Why high-fiber foods are important

Why do I need high-fiber foods?

High-fiber foods are important for your health in many ways. Eating more high-fiber foods can help:

- Reduce your risks of heart disease, type 2 diabetes, and several types of cancer.
- Keep your cholesterol and blood pressure in healthy ranges.
- Improve your digestion.

You'll also feel fuller so you may eat less, which can help with weight management.

Eating processed foods won't give you these benefits.

What is fiber?

It's the part of plant-based foods that our bodies can't digest. Highfiber foods include vegetables, fruits, beans, peas, lentils, nuts, seeds, and whole grains.

What's a whole grain?

A whole grain has all its natural nutrients, as well as fiber. Whole grains include wheat, oatmeal, rye, cornmeal, bulgur, barley, brown rice, and popcorn.

Refined grain has been milled, which removes vitamins and other nutrients along with fiber. When grain is "enriched," some nutrients are added back, but fiber isn't. For example, enriched white flour doesn't have the fiber that's in whole-wheat flour.

How much fiber do I need?

The American Heart Association recommends 25 to 38 grams of fiber daily. Most people get only about half that much. You can use these tips to make sure you're getting enough fiber.

Delicious ways to add fiber

- Eat 5 or more servings of vegetables and fruits every day. Fresh is usually most nutritious. Frozen or canned are okay too.
- Try recipes that include beans, peas, barley, lentils, quinoa, bulgur, or brown rice.
- Check labels and choose breads, cereals, tortillas, and crackers that list a whole grain (wheat, corn, etc.) as the first ingredient.
- Choose whole grains for at least half of your daily grain servings.
- Add fiber foods gradually over 2 to 3 weeks. Adding fiber too fast can give you gas or make you feel bloated.
- Drink 6 to 8 cups of water or other fluids daily (unless your doctor has told you not too).

If you use wheat bran to have regular bowel movements (poop), start with 1 teaspoon per meal. Slowly increase to 2 to 4 tablespoons a day.

If you use psyllium fiber supplements, follow label directions and get enough fluids.

Read food labels

Look for "dietary fiber" on food labels. Choose foods with at least 10 percent of the "daily value" for fiber. You can use labels to compare fiber in similar foods. For example, a whole-wheat tortilla has 3g of fiber, while a whiteflour tortilla has less than 1g. A whole-wheat roti has 4g, while a white-flour roti has 1g. If you're gluten-free, it's still important to check labels for fiber.

Look for "100% whole-wheat" or "100% whole-grain" ingredients. The words "multigrain," "wheat," and "enriched flour" don't guarantee the food is whole grain.

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Nutrition Facts								
Serving Size 2/3 cup (55g)								
Servings Per Container About 8								
Amount Per Serving								
Calories 230	Ca	lories from Fat 72						
% Daily Value*								
Total Fat 8g 12								
Saturated Fat 1g								
Trans Fat 0g								
Cholesterol Omg 0								
Sodium 160mg 7%								
Total Carbohydrate 37g 12%								
Dietary Fiber 4g 16%								
Sugars 1g								
Protein 3g								
Vitomin A			1.00/					
Vitamin A 10								
Vitamin C 89								
Calcium 20%								
Iron								
* Percent Daily Values Your daily value may								
your calorie needs.	Calories:	2,000	2,500					
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g					



Fiber Content of Foods

Artichoke hearts, cooked $3'$ cup $5g$ Pear, with skin1 medium 4 cupSpinach, cooked $3'$ cup $4g$ Raspberries $4'$ cup $4'$ cupPeas, cooked $3'$ cup $4g$ Mango1 medium $4'$ cupBaked potato with skin1 medium $4g$ Rasins $3'$ cup $3g$ Sweet potato, cooked $3'$ cup $3g$ Apple, with peel1 medium $4'$ Brussel sprouts $3'$ cup $3g$ Orange1 medium $4'$ Turnips, cooked $3'$ cup $2g$ Peach, with skin1 medium $4'$ Swiss chard, cooked $3'$ cup $2g$ Peach, with skin1 medium $4'$ Swiss chard, cooked $3'$ cup $2g$ Peach, with skin1 medium $4'$ Green beans, cooked $3'$ cup $2g$ Cherries10 medium $4'$ Green beans, cooked $4'$ cup $2g$ Cherries10 medium $4'$ Gren, cooked $4'$ cup $2g$ Fiber One $3'$ cup $4'$ Chinese mustard greens $3'$ cup $2g$ Raisin Bran1 cup $4'$ Systagus, cooked $4'$ cup $2g$ Shredded Wheat1 cup $4'$ Cauliflower, cooked $3'$ cup $1g$ Oatmaal or Cheerios1 cup $4'$ Cauliflower, cooked $3'$ cup $1g$ Granola1 cup $4'$ Cauliflower, cooked $3'$ cup $1g$ Granola1 cup $4'$ Cauliflower, cooked $3'$ cup $1g$ <t< th=""><th>Vegetables</th><th>Serving Size</th><th>Dietary Fiber (g)</th><th>Fruits</th><th>Serving Size</th><th>Dietary Fiber (g)</th></t<>	Vegetables	Serving Size	Dietary Fiber (g)	Fruits	Serving Size	Dietary Fiber (g)	
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Cauliflower, cooked½ cup1gWheat bran2 tbs2Cabbage, cooked½ cup1gGranola1 cup3Zucchini, sliced½ cup<1g	Fennel, raw/sliced	¹∕₂ cup	1g	Wheaties	1	3g	
Cabbage, cooked½ cup1gGranola1 cup1 cupZucchini, sliced½ cup<1g	Cauliflower, cooked	½ cup	1g	Wheat bran	-	3g	
Zucchini, sliced½ cup<1gCream of Wheat3 tbsBeans and NutsServing SizeDietary Fiber (g)GrainsServing SizeDietary Fiber (g)Navy beans, cooked½ cup10gQuinoa, cooked1 cup9Black beans, cooked½ cup8gBrown rice, cooked1 cup9Kidney beans½ cup8gPopcorn (air-popped)3 cups9Lentils, cooked½ cup8gWhole-wheat bread/English muffin1 slice9Pinto beans, cooked½ cup8gWhole-wheat bread/English muffin1 slice9Lima beans, cooked½ cup5gRice noodles1 cup9Soy beans (edamame)½ cup5gRye bread1 slice1Almonds¼ cup4gCornmeal¼ cup22Peanuts¼ cup3gWe're here to help22	Cabbage, cooked	½ cup	1g	Granola	1 cup	3g	
Dealts and NutsServing SizeFiber (g)GrantsServing SizeFibNavy beans, cooked½ cup10gQuinoa, cooked1 cup9Black beans, cooked½ cup8gBrown rice, cooked1 cup9Kidney beans½ cup8gWhole-wheat pasta, cooked1 cup9Lentils, cooked½ cup8gPopcorn (air-popped)3 cups9Pinto beans, cooked½ cup8gWhole-wheat bread/English muffin1 slice1Lima beans, cooked½ cup7gRice noodles1 cup2Soy beans (edamame)½ cup5gRye bread1 slice2Almonds¼ cup4gCornmeal¼ cup2Peanuts¼ cup3gWe're here to help2	Zucchini, sliced	½ cup	_		*	1g	
Navy beans, cooked½ cup10gQuinoa, cooked1 cup1Black beans, cooked½ cup8gBrown rice, cooked1 cup4Kidney beans½ cup8gWhole-wheat pasta, cooked1 cup4Lentils, cooked½ cup8gPopcorn (air-popped)3 cups4Pinto beans, cooked½ cup8gWhole-wheat bread/English muffin1 slice4Lima beans, cooked½ cup7gRice noodles1 cup3Soy beans (edamame)½ cup5gRye bread1 slice4Haxseed, ground2 tbs4gTortillas (corn)24Peanuts¼ cup3gWe're here to help44	Beans and Nuts	Serving Size		Grains	Serving Size	Dietary Fiber (g)	
Kidney beans½ cup8gWhole-wheat pasta, cooked1 cupLentils, cooked½ cup8gPopcorn (air-popped)3 cups4Pinto beans, cooked½ cup8gWhole-wheat bread/English muffin1 slice3Lima beans, cooked½ cup7gRice noodles1 cup3Soy beans (edamame)½ cup5gRye bread1 slice3Almonds¼ cup4gCornmeal¼ cup3Flaxseed, ground2 tbs4gTortillas (corn)23Peanuts¼ cup3gWe're here to help3g	Navy beans, cooked	½ cup		Quinoa, cooked	1 cup	5g	
Lentils, cooked½ cup8gPopcorn (air-popped)3 cupsPinto beans, cooked½ cup8gWhole-wheat bread/English muffin1 slice3Lima beans, cooked½ cup7gRice noodles1 cup3Soy beans (edamame)½ cup5gRye bread1 slice3Almonds¼ cup4gCornmeal¼ cup3Flaxseed, ground2 tbs4gTortillas (corn)23Peanuts¼ cup3gWe're here to help3	Black beans, cooked	¹∕₂ cup	8g	Brown rice, cooked	1 cup	4g	
Pinto beans, cooked½ cup8gWhole-wheat bread/English muffin1 slice3Lima beans, cooked½ cup7gRice noodles1 cup3Soy beans (edamame)½ cup5gRye bread1 slice3Almonds¼ cup4gCornmeal¼ cup3Flaxseed, ground2 tbs4gTortillas (corn)23Peanuts¼ cup3gWe're here to help3	Kidney beans	¹∕₂ cup	8g	Whole-wheat pasta, cooked	1 cup	4g	
Lima beans, cooked½ cup7gRice noodles1 cup2Soy beans (edamame)½ cup5gRye bread1 slice2Almonds¼ cup4gCornmeal¼ cup2Flaxseed, ground2 tbs4gTortillas (corn)22Peanuts¼ cup3gWe're here to help	Lentils, cooked	½ cup	8g	Popcorn (air-popped)	3 cups	4g	
Lima beans, cooked½ cup7gRice noodles1 cup2Soy beans (edamame)½ cup5gRye bread1 slice2Almonds¼ cup4gCornmeal¼ cup2Flaxseed, ground2 tbs4gTortillas (corn)22Peanuts¼ cup3gWe're here to help	Pinto beans, cooked	½ cup	8g	Whole-wheat bread/English muffin	1 slice	3g	
Almonds½ cup4gCornmeal½ cup2Flaxseed, ground2 tbs4gTortillas (corn)22Peanuts¼ cup3gWe're here to help	Lima beans, cooked	½ cup	7g		1 cup	2g	
Almonds¼ cup4gCornmeal¼ cup2Flaxseed, ground2 tbs4gTortillas (corn)22Peanuts¼ cup3gWe're here to help	Soy beans (edamame)	1⁄2 cup		Rye bread	1 slice	2g	
Flaxseed, ground2 tbs4gTortillas (corn)22Peanuts½ cup3gWe're here to help	Almonds	¹ ⁄4 cup		Cornmeal	¹ ⁄ ₄ cup	2g	
Peanuts ¹ / ₄ cup ³ g We're here to help	Flaxseed, ground	2 tbs		Tortillas (corn)	2	2g	
We're here to help	Ũ	¹ ⁄ ₄ cup					
Pecans, chopped ⁴ / ₄ cup 5g	Pecans, chopped	¹ / ₄ cup	3g	-			
Pistachios ¹ / ₄ cup ³ g	Pistachios	¹ / ₄ cup		Search My Doctor Online at kp.org/mydoctor to learn more			

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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