



Fiber Facts

What is Fiber?

Definition: Fiber is a type of carbohydrate, found in plants, that is not broken down by the human digestive tract. Fiber-containing plant foods have combined amounts of soluble, insoluble and prebiotic fibers, all in different ratios. This is why it's best to eat the whole, unprocessed plant food, so you can get the most fiber. Fiber molecules are not digested by our enzymes and pass through our intestines mostly intact.

What Are the Types of Fiber?

SOLUBLE FIBER

Absorbs fluids in the intestines which slows the speed in which it passes through the intestines. Some types are fermentable, beneficial for your flora & colonic cell health.

INSOLUBLE FIBER

Is a "bulking" fiber type that adds weight, volume and softness to stools. Fewer types are fermentable.

PREBIOTIC FIBER

Supports the health of friendly gut bacteria by "feeding" them. Found mostly in soluble fiber and resistant starches.

BENEFITS

Lowers cholesterol, slows absorption of sugar into bloodstream and causes fullness. Will help slow loose stools.

BENEFITS

It has a laxative effect since it speeds up bowel transit time. Avoid when experiencing diarrhea or make sure they are well-cooked before eating them.

BENEFITS

Food for the friendly bacteria which produce short chain fatty acids that support proper colon cell regeneration. Those with IBS may not tolerate well.

FOOD SOURCES

Beans, oatmeal, brown rice, popcorn, Brussels sprouts, carrots, sweet potatoes, oranges, apricots, blackberries, apples with skin, flaxseeds, psyllium, artichoke, soybeans.

FOOD SOURCES

Berries, figs, pears, all beans, nuts and seeds, kale, collard greens, green beans, celery, leeks, broccoli, cauliflower.

FOOD SOURCES

Chicory, onions, asparagus, Jerusalem artichokes, leeks, raw dandelion greens, raw garlic, raw jicama.

How Much Fiber Should You Eat Daily?

- **25-30 g** is a widely accepted amount to consume to ensure good colon health. More than this, however, is likely better for us based on world-wide research done on populations with healthy colons.
- *Increase your daily fiber content slowly* to avoid constipation, compaction or bowel obstructions.
- Vary the sources you get your fiber from to ensure you receive the benefits of all types of fibers.
- Drink ½ your body weight in ounces of water to avoid constipation. Increase your water intake as you increase your fiber intake to make bowel movements easy.

Common Foods & Their Fiber Content

Those in **RED** are low in carbohydrates also

Oat bran, raw 1 ounce =12 g

Rice bran, raw 1 ounce =6 g

Black beans, cooked 1 cup =15 g

Garbanzo beans, cooked 1 cup =12 g

Lentils, cooked 1 cup =16 g

Kidney beans, cooked 1 cup =16 g

Navy beans, cooked 1 cup =19 g

White beans, small, cooked 1 cup= 19 g

Raspberries, raw 1 cup =8 g

Blueberries, raw 1 cup =4 g

Strawberries, raw 1 cup =3 g

Avocado, 1/2 cup = 5 g

Amaranth, grain 1/4 cup =6 g

Barley, pearled, cooked 1 cup =6 g

Popcorn, air popped 3 cups =4 g

Oats (old fashioned), dry 1/2 cup =4 g

Quinoa, cooked 1 cup =5 g

Brown rice, cooked 1 cup =4 g

Peas, split, cooked 1 cup =16 g

Collard greens, cooked 1 cup =5 g

Spinach, cooked 1 cup =4 g

Swiss chard, cooked 1 cup =4 g

Almonds 1 ounce =4 g

Pistachio nuts 1 ounce = 3 g

Cashews 1 ounce =1 g

Peanuts 1 ounce =2 g

Walnuts 1 ounce= 2 g

Sunflower seeds 1/4 cup =3 g

Pumpkin seeds 1/2 cup =3 g

Flaxseed 1 ounce =8 g

Chia seeds, 1 tbsp = 4 g

Acorn squash, cooked 1 cup =9 g

Kale, cooked 1 cup =3 g

Cauliflower, cooked 1 cup =5 g

Savoy cabbage, cooked 1 cup =4 g

Broccoli, cooked 1 cup =5 g

Brussels sprouts, cooked 1 cup =6 g

Artichokes, 500 g = 5.4 g

Sweet potato, flesh and skin 1 medium =4 g

Banana 1 medium =3 g

Pear 1 medium =6 g

Orange 1 medium =4 g

Apple 1 medium =4 g

Prunes, dried 1/2 cup =6 g

Figs, dried 1/2 cup =8 g

 If you don't tolerate high fiber foods, please speak with your RD or functional doctor!

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1. Bland, J PhD, Costarella, L, ND, Levin, B, PhD RD, et. al. Clinical Nutrition; A Functional Approach. 2nd ed. Fedral Way, WA. IFM. 2006.
2. Palmer, S RD. The Top Fiber-Rich Foods List, July 2008 Issue. Today's Dietitian; Vol. 10 No. 7 P. 28.
3. <https://www.northottawawellnessfoundation.org/clean-food-nutrition/>