

# Fiber

Fiber is an important part of a healthy balanced diet. It can help prevent heart disease, diabetes, weight gain and some cancers, and can also improve digestive health.

## Types Of Fiber

There are 2 types of fiber. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium. Insoluble fiber. This type of fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools.

## Recommended Amounts Of Fiber

The recommended daily intake of fiber in the US is 14 grams per 1000 calories consumed. For example, if your calorie requirement is 1500 calories per day, you should be aiming for about 21grams of fiber. Eat at least 2 cups of fruits and 2 1/2 cups of vegetables each day to help get this amount of daily fiber.



**Women 21 to 25 grams of fiber per day**



**Men 36 to 40 grams of fiber per day**



## Benefits Of Fiber

- \* Fiber may reduce your appetite helping you eat less without trying.
- \* Fiber slows the rate that sugar is absorbed into the bloodstream.
- \* Eating a high-fiber diet have a 40 percent lower risk of heart disease.
- \* Stroke risk is decreased by 7 percent.
- \* Be able to maintain a healthier weight over time.
- \* Cut your type 2 diabetes risk by 18%.
- \* You will have healthier gut bacteria.

## 50 Top Fibrous Foods

- Split Peas** 1 cup cooked 232 Cals 41g Carb 16g Fiber
- Avocado** 1 medium 227 Cals 17g Carb 11g Fiber
- Artichoke** 1 medium 64 Cals 14g Carb 10g Fiber
- Chia Seeds** 1 oz 138 Cals 12g Carb 10g Fiber
- Raspberries** 1 cup 65 Cals 15g Carb 8g Fiber
- Blackberries** 1 cup 62 Cals 15g Carb 8g Fiber
- Lentils** 1/2 cup 320 Cals 15g Carb 8g Fiber
- Black Beans** 1/2 cup 112 Cals 15g Carb 8g Fiber
- Coconut** 1 cup shredded 238 Cals 12g Carb 7g Fiber
- Whole Grain Pasta** 1 cup 175 Cals 43g Carb 6.3g Fiber
- Winter Squash** 1 cup cubed 76 Cals 18g Carb 6g Fiber
- Broccoli** 1 cup 30 Cals 9g Carb 6g Fiber
- Quinoa** 1 cup cooked 222 Cals 39.4g Carb 5.2g Fiber
- Bran Flakes** 3/4 cup 92 Cals 23g Carb 5g Fiber
- Pear** 1 medium 120 Cals 20g Carb 4.5g Fiber



**Orange** 1 large 87 Cals 22g Carb 4.4g Fiber  
**Oatmeal** 1 cup cooked 157 Cals 27g Carb 4g Fiber  
**Sweet Potato** 1 cup 114 Cals 27 Carb 4g Fiber  
**Apple** 1 medium 95 Cals 23g Carb 4g Fiber  
**Blueberries** 1 cup fresh 84 Cals 21 Carb 4g Fiber  
**Flaxseed Meal** 2 tbsp 60 Cals 8g Carb 4g Fiber  
**Carrots** 1 cup chopped 53 Cals 12g Carb 3.6g Fiber  
**Brown Rice** 1 cup 216 Cals 45 Carb 3.5g Fiber  
**Almonds** 1 oz (23) 163 Cals 6g Carb 3.5g Fiber  
**Green Beans** 1 cup 31 Cals 7g Carb 3.4g Fiber  
**Brussels Sprouts** 1 cup 38 Cals 8g Carb 3.3g Fiber  
**Okra** 1 cup 33 Cals 7g Carb 3.2g Fiber  
**Banana** 1 medium 105 Cals 27g Carb 3g Fiber  
**Barley** 1/2 cup cooked 95 Cals 22g Carb 3g Fiber  
**Cherries** 1 cup pitted 97 Cals 20 Carb 3g Fiber  
**Pumpkin** 1 cup 95 Cals 12g Carb 3g Fiber  
**Strawberries** 1 cup halves 49 Cals 12 Carb 3g Fiber  
**Eggplant** 1 cup cubed 20 Cals 5g Carb 2.5g Fiber  
**Peach** 1 medium 59 Cals 14g Carb 2.3g Fiber  
**Turnips** 1 cup 36 Cals 8g Carb 2.3g Fiber  
**Tomato** 1 cup 32 Cals 7 Carb 2.2g Fiber  
**Cabbage** 1 cup chopped 22 Cals 5g Carb 2.2g Fiber  
**Kiwi** 1 fresh 42 Cals 10 Carb 2.1g Fiber  
**Grapefruit** 1/2 fruit 52 Cals 13 Carb 2g Fiber  
**Cauliflower** 1 cup 27 Cals 13 Carb 2g Fiber  
**Green Pepper** 1 medium 24 Cals 6g Carb 2g Fiber  
**Celery** 1 stalk 24 Cals 6g Carb 2g Fiber



**Figs** 1 cup 47 Cals 12g Carb 1.9g Fiber

**Popcorn** 1 cup air popped 31 Cals 6 Carb 1.2g Fiber

**Zucchini** 1 cup 21 Cals 3.9 Carb 1.2g Fiber

**Summer Squash** 1 cup sliced 20 Cals 4 Carb 1.2g Fiber

**Asparagus** 4 spears 12 Cals 2 Carb 1g Fiber

**Tofu** 1 cup 200 Cals 4 Carb 1g Fiber

**Olive** 10 olives 50 Cals 3 Carb 1g Fiber

**Arugula** 1 cup 6 Cals 2 Carb 1g Fiber

**EAT  
FIBROUS  
FOODS**