

# Dietary Fiber





## What is dietary fiber?

Fiber is a type of carbohydrate that the body cannot digest. Though most carbohydrates are broken down into sugar molecules, fiber cannot be broken down into sugar molecules, and instead, it passes through the body undigested. Fiber helps regulate the body's use of sugars, keeping hunger and blood sugar in check. Fiber also reduces the risk of developing various conditions, including heart disease, diabetes, diverticular disease, and constipation.



## Are there different types of fiber?

1

### Soluble fiber

which dissolves in water, can help lower glucose levels and help lower blood cholesterol.

2

### Insoluble fiber

which does not dissolve in water, can help food move through your digestive system, promoting regularity and helping prevent constipation.



## What are the benefits of dietary fiber?

- It reduces harmful cholesterol in the blood by preventing its absorption.
- Dietary fiber helps to increase the feeling of satiety for a more extended period
- Regulates blood sugar levels.
- Improves digestive health and regulates bowel movement.



## How much fiber do I need?

### ● **Children and adults**

Children and adults (up to the age of 50) need at least 20 to 35 grams of total fiber per day.

### ● **Women and men**

People older than 50 years should have 21 to 30 grams daily.



### **Dietary fiber sources:**

They can get the required amount of fiber by eating adequate amounts of fruits, vegetables, whole grains, legumes, seeds and nuts for good health.



## Tips to increase your dietary fiber intake



Eat whole fruits instead of drinking fruit juices.



Make whole grains your first choice.



Increase your water intake while increasing your intake of dietary fiber.



Eat beans and legumes two to three times a week.



Replace snacks such as chips, crackers, and chocolate with vegetables and fruits.



## Fruits



Fruits	Amount	Total Fiber (grams)	Insoluble Fiber (grams)	Soluble Fiber (grams)
Apple, with skin	1 medium	3.7	2.7	1
Apple, without skin	1 medium	2.4	1.7	0.7
Apricot	1 cup	3.7	1.7	2
Banana	1 medium	2.8	2.1	0.7
Blueberries	1 cup	3.9	3.5	0.4
Cherries	1 cup	3.3	2.3	1
Dates	1 cup	13.4	11.2	2.2
Figs, dried, uncooked	1 cup	24.3	16.3	8
Grapes	1 cup	1.6	1	0.6
Guava	1 cup	8.9	7.4	1.5
Kiwi	1 medium	2.6	2	0.6
Mango	1 medium	3.7	2.2	1.5
Orange	1 medium	3.1	1.3	1.8
Prune	1 cup	12.1	5.6	6.5
Plum	1 medium	2.5	1.2	1.3
Pineapple	1 cup	1.9	1.7	0.2
Pear	1 medium	4	1.8	2.2
Peach	1 medium	2	1.2	0.8
Raspberries	1 cup	8.4	7.5	0.9
Strawberries	1 cup	3.3	2.4	0.9
Watermelon	1 cup	1.4	0.8	0.6
Raisins	1 cup	6.2	4.5	1.7



# Fiber Content of Foods

## Vegetables



Vegetables	Amount	Total Fiber (grams)	Insoluble Fiber (grams)	Soluble Fiber (grams)
Broccoli, cooked fresh	1 cup	4.6	2.3	2.3
Cauliflower, cooked fresh	1 cup	3.4	2.5	0.9
Carrots, cooked fresh	1 cup	5.2	3	2.2
Carrots, raw	1 cup	3.3	1.7	1.6
Cooked Cabbage	1 cup	3.4	1.9	1.5
Lettuce, iceberg	1 cup	0.8	0.7	0.1
Mushrooms, cooked fresh	1 cup	3.4	3.1	0.3
Onion white, yellow or red	1 cup	2.9	1.1	1.8
Spinach, cooked fresh	1 cup	5.4	4.3	1.1
Tomato, raw	1 cup	2	1.8	0.2
Watercress	1 cup	0.5	0.2	0.3



## Cereals & Starches



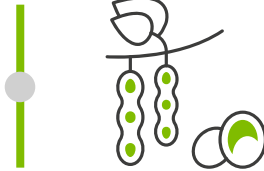
Cereals & Starches	Amount	Total Fiber (grams)	Insoluble Fiber (grams)	Soluble Fiber (grams)
Bread, white	1 slice	0.6	0.3	0.3
Bread, whole wheat	1 slice	2	1.6	0.4
Bran Flakes	1 cup	6.7	6	0.7
Barley, cooked	1 cup	8.5	6.7	1.8
Couscous, cooked	1 cup	2.7	2.1	0.6
Corn, cooked cob	1 medium	2.8	2.3	0.5
Oatmeal	1 cup	3.9	2.1	1.8
Potato, boiled, without skin	1 cup	2.8	1.2	1.6
Whole Arabic bread	1 medium	3.3	2.6	0.7
White Arabic bread	1 medium	1	0.5	0.5
White Pasta	1 cup	1.8	0.7	1.1
Whole grain Pasta	1 cup	3.9	3.1	0.8
Pancake, white flour	1 medium	0.5	0.3	0.2
Pancake, whole wheat	1 medium	1.8	1.6	0.2
Quinoa, cooked	1 cup	9.3	8.1	1.2
Rolls, hamburger, white	1 medium	1.2	0.8	0.4
Rolls, hamburger, whole wheat	1 medium	2.8	2.5	0.3
Cooked brown rice	1 cup	3.5	3.3	0.2
Cooked white rice	1 cup	0.6	0.5	0.1
Sweet potato, cooked	1 cup	7.6	4.8	2.8





# Fiber Content of Foods

## Legumes / pulses



Legumes/ pulses	Amount	Total Fiber (grams)	Insoluble Fiber (grams)	Soluble Fiber (grams)
Beans, cooked dried	1 cup	13.2	6.2	7
Lentils, cooked dried	1 cup	15.6	14.4	1.2
Green peas, cooked	1 cup	8.8	6.2	2.6
Pea (green)	1 cup	17.6	15.2	2.4



# Fiber Content of Foods

## Nuts & Seeds



Nuts & Seeds	Amount	Total Fiber (grams)	Insoluble Fiber (grams)	Soluble Fiber (grams)
Almonds	cup 1	15.9	14.3	1.6
Pistachio nuts	cup 1	13.8	10.4	3.4
Walnuts	cup 1	5.8	4	1.8