Nutrition Tips: Fiber

Proper fiber intake is an essential part of a healthy diet and can have significant health benefits. There are two main forms of fiber: soluble and insoluble which both have important functions in maintaining health. Focusing on increasing your fiber intake from whole foods (rather than supplements) can help ensure that you are getting adequate amounts of both.

Benefits of Fiber

- Slows down the transit of food in the gut to allow more time for nutrient absorption
- Increases feelings of satiety
- Lowers cholesterol levels
- Stabilizes blood sugar levels
- Feeds healthy gut bacteria
- Reduces the risk of heart disease
- Helps improve constipation
- Helps prevent diverticulitis and colorectal cancer.

How much fiber? Generally, it is recommended that people eat at least 25-35g of fiber daily.

High Fiber Foods

Vegetables

Artichoke	1 cup cooked	9.6 g
Brussel sprouts	1 cup cooked	6.4 g
Sweet potato	1 cup cooked	6.3 g
Winter squash	1 cup cooked	5.7 g
Broccoli	1 cup cooked	5.0 g
Carrots	1 cup cooked	4.8 g
Collard greens	1 cup cooked	4.8 g

Fruits

Raspberries	1 cup	8 g
Blackberries	1 cup	7.8 g
Blueberries	1 cup	6.2 g
Pear	1 medium	5.5 g
Avocado	1/2 cup	5.0 g
Apple with skin	1 medium	4.8 g
Dried Figs	1/4 cup	3.7 g

Legumes

Navy beans	1/2 cup cooked	9.6 g
Lentils	1/2 cup cooked	7.8 g
Black beans	1/2 cup cooked	7.7 g
Chickpeas	1/2 cup cooked	6.3 g

Grains

Bulgar	1 cup cooked	8 g
Wheat pasta	1 cup cooked	5 g
Quinoa	1 cup cooked	5 g
Brown Rice	1 cup cooked	3.5 g

Seeds and Nuts

Pumpkin seeds	1 ounce	5.2 g
Chia seeds	1 tablespoon	4.1 g
Almonds	1 ounce	3.5 g
Sunflower seeds	1 ounce	3.1 g

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