



Fiber



What Is It?

*Insoluble fiber (cellulose, hemicellulose, or lignin)-speeds up movement of foods through intestines causing a bowel movement

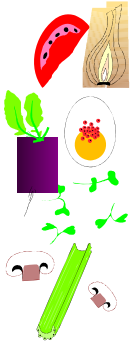
Examples- asparagus, pinto beans, kidney beans, peas, whole grain bread, cereals

*Soluble fiber (mucilage, pectins and gum)- slow down the movement of food through the intestines. Examples: Broccoli, brussel sprouts, oats, and apples



WHAT are the foods High in Fiber?

*Fresh Fruits and Vegetables, Whole Grain Breads and Cereals, Dried Fruits, Coconut, Nuts, Oats



Information:

*Helps to decrease risk for colon and rectal cancers

*Fiber is found in whole grains, legumes, fruits and vegetables

*High fiber has a cholesterol lowering effect

*Promotes regularity of bowels, loaded with vitamins/minerals

*Reduces risks of diverticulosis and diverticulitis

*Fiber gives us a feeling of fullness, helps with weight control

*Goal 25 to 30 grams per day-start slow if not eating fiber, add 3-4 grams/day

WHAT CAN I DO?

***See your Physician- Increase Fluids- 8 cups/day- Water/Decaffeinated Drink**

***See FFF Guides on Fiber and Individual Foods**

***See a Registered Dietitian for help *See a FFF RD on line for help**

***Suggestions- Eat Whole Grain Breads and Cereals with 2-4 Grams per Slice or per 1/2 cup Serving Cereal with Fresh Fruit for Breakfast**

-Eat large Salad with Lettuce, Spinach, Tomatoes, Vidalia Onions, Tomatoes, Carrots, Radishes, Green or Red Peppers and Low Calorie Italian Dressing

-Eat High Fiber Crackers (Whole Wheat/Grain), Brown Rice, Barley, Couscous, Corn, Baked Beans, Blackeyed Peas, Dried Peas and Beans

-Eat Yogurt with fresh fruit, nuts or lowfat Granola