



Fiber Intake



What is Dietary Fiber?

- Non-Nutritive Part of Plant Food
 - Roughage or Bulk
 - Soluble vs. Insoluble
- Our Bodies Cannot Digest or Absorb
 - Passes Through Our GI System



The Benefits of Fiber

- Reduces LDL Cholesterol
- Improves Blood Pressure
- Promotes Satiety/Weight Management
- Manages Blood Glucose Levels
- All Point to Decreased Cardiovascular Disease Risks!!



Intake Guidelines

- Men Up to Age 50 = > 38 gm/day
- Men > 50 = 30 gm/day
- Women Up to Age 50 = 25 gm/day
- Women > 50 = 21 gm/day
- Average American = < 16 gm/day



What Foods Contain It?

- Vegetables
- Fruits
- Whole Grains
- Nuts/Seeds/Nut Butters
- Legumes
- Beans



How Do I Add More?

- Track Your Intake:
 - MyFitnessPal or Lose It
- Add More:
 - Fruits/Vegetables
 - Nuts/Seeds/Nut Butters
 - Legumes/Beans
- Read Food Labels For Fiber



Be a Fiber Detective

Brown Basmati Rice

Nutrition Facts

Serving Size 1/4 cup (dry) (45g)
Servings Per Container 20

Amount Per Serving

Calories 150 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 33g **11%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

White Basmati Rice

Nutrition Facts

Serving Size 1/4 cup (dry) (45g)
Servings Per Container 20

Amount Per Serving

Calories 160 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 34g **11%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

About 5 servings
Serv. size 1/4 cup (dry) (45g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 0.5g **1%**

Sat. Fat 0g **0%**

Trans Fat 0g

Cholest. 0mg **0%**

Sodium 0mg **0%**

Total Carb. 35g **13%**

Fiber 3g **11%**

Total Sugars 1g

Incl. 0g Added Sugars **0%**

Protein 7g **9%**

Vit. D 0mcg 0% • Calcium 9mg 0%

Iron 1mg 6% • Potas. 192mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

About 15 servings per container
Serving size 1/4 cup (50g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 34g **12%**

Dietary Fiber 9g **32%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 11g

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 3mg **15%**

Potassium 550mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENT: Lentils.



High Fiber Dietary Pattern

- **Breakfast:**
 - Oatmeal + Flax Seeds
 - Sprouted Grain Bread + Peanut Butter/Chia
- **Lunch:**
 - Chickpea Salad on Lettuce Wraps
 - Fruit
- **Dinner:**
 - Stuffed Peppers with Lentils
 - Fruit
- **Snack** = Vegetables + Hummus + Triscuits

