

## Eating a High-Fiber Diet

Fiber is what gives strength and structure to plants. Most grains, beans, vegetables, and fruits contain fiber. Foods rich in fiber are often low in calories and fat, and they fill you up more. They may also reduce your risks for certain health problems. To find out the amount of fiber in canned, packaged, or frozen foods, read the “Nutrition Facts” label. It tells you how much fiber is in a serving.

### Types of Fiber and Their Benefits

There are two types of fiber: insoluble and soluble. They both aid digestion and help you maintain a healthy weight.

**Insoluble fiber.** This is found in whole grains, cereals, certain fruits and vegetables (such as apple skin, corn, and carrots). Insoluble fiber may prevent constipation and reduce the risk of certain types of cancer.

**Soluble fiber.** This type of fiber is in oats, beans, and certain fruits and vegetables (such as strawberries and peas). Soluble fiber can reduce cholesterol (which may help lower the risk of heart disease), and helps control blood sugar levels.

### Look for High-Fiber Foods

**Whole-grain breads and cereals.** Try to eat 6–8 ounces a day. Include wheat and oat bran cereals, whole-wheat muffins or toast, and corn tortillas in your meals.

**Fruits.** Try to eat 2 cups a day. Apples, oranges, strawberries, pears, and bananas are good sources. (Note: Fruit juice is low in fiber.)

**Vegetables.** Try to eat 3 cups a day. Add asparagus, carrots, broccoli, peas, and corn to your meals.

**Legumes (beans).** One cup of cooked lentils gives you over 15 grams of fiber. Try navy beans, lentils, and chickpeas.

**Seeds.** A small handful of seeds gives you about 3 grams of fiber. Try sunflower seeds.

### Keep Track of Your Fiber

A healthy diet includes 31 grams of fiber a day if you have a 2,000-calorie diet. Keep track of how much fiber you eat. Start by reading food labels. Then eat a variety of foods high in fiber. Ask your doctor about supplemental fiber products.

A serving size tells you how much of a food or a liquid is in 1 serving.

This number tells you how many grams (g) of fiber are in 1 serving.

<b>Nutrition Facts</b>	
Serving Size ½ cup (130g)	
Servings Per Container 3½	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 510mg	<b>21%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 11g	
Protein 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 10%

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