

# FIBER FACTS

Fiber is the part of plants that cannot be digested by the body. Dietary fiber is not found in milk, meats, or eggs but found in plant foods and grain products. Everyone needs fiber for good health and 20-35 g of dietary fiber per day should be consumed. Most Americans only eat 12-15 g per day of fiber. Fiber helps satisfy appetites by giving a feeling of fullness. Insoluble fiber from wheat bran and whole grains help with regularity and reduce risk of colon diseases. Fiber helps your heart, too. Soluble fiber from oats, dry beans, grains and some fruits and vegetables may help decrease cholesterol levels and reduce heart disease risk.

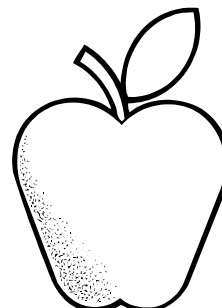
## How to Increase Fiber in Your Diet

- Eat a variety of foods.
- Follow the recommendations of My Pyramid and The Dietary Guidelines.
- Eat 6-11 servings of breads and cereals each day. High-fiber choices include whole grains, bran, oatmeal and popcorn.
- Eat 5-9 servings of fruits and vegetables each day.
- Eat a serving of cooked, dried beans or peas at least once per week.
- Read the food label for grams of fiber on all food products.
- Increase fiber consumption gradually because all at one time may cause intestinal discomfort.
- Drink plenty of water, 6-8 cups a day.
- Exercise for good health.

## Fiber Content of Selected Foods

The following foods list the amount of fiber per serving and can vary according to plant variety.

<u>Fruits</u>		<u>Fiber</u>
Apple	1 medium	3.0 g
Apple Juice	¾ cup	0 g
Banana	1 medium	1.8 g
Cantaloupe	¾ melon	1.0 g
Orange	1 medium	3.6 g
Orange Juice	¾ cup	0.4 g
Peach	1 medium	1.4 g
Raisins	¾ cup	2.0 g
Strawberries	½ cup	2.0 g

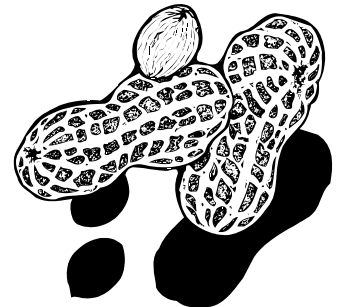


<u>Vegetables</u>		<u>Fiber</u>
Cooked Broccoli	½ cup	3.6 g
Raw Cabbage	½ cup	1.0 g
Carrot	1 medium	2.3 g
Green Beans	½ cup	1.0 g
Corn	½ cup	2.0 g
Cooked Onion	1 medium	0.8 g
Green Peas	½ cup	3.0 g
French Fried Potatoes	10 strips	1.6 g
Potato with skin	1 medium	3.0 g
Tomato	1 medium	1.6 g
Tomato Juice	¾ cup	1.4 g



<u>Breads and Cereals</u>		
Popcorn	1 cup	0.4 g
Bran Flakes	¾ cup	4.2 g
White Bread	1 slice	0.5 g
Wheat Bread	1 slice	2.0 g
Corn Flakes	1 cup	0.5 g
Cooked Oatmeal	½ cup	2.3 g
White Rice, cooked	½ cup	1.0 g
Crisp Rice Cereal	1 cup	0.1 g
Spaghetti and Macaroni	½ cup	1.0 g
Corn Tortilla	1 medium	1.5 g

<u>Nuts</u>		
Peanuts	¾ cup	3.2 g
Peanut Butter	2 Tbsp.	3.4 g
Walnuts	¾ cup	2.0 g



<u>Legumes</u>		
Bakes Beans	½ cup	9.8 g
Pinto Beans	½ cup	6.4 g
Kidney Beans	½ cup	4.3 g
Lima Beans	½ cup	6.5 g
Navy Beans	½ cup	5.0 g

Notes: Whole fruit, such as apples and oranges, are much better fiber sources than fruit juice. Whole wheat bread has more fiber than white bread. It takes about 2½ cups popcorn to get as much fiber as found in ½ cup spaghetti or macaroni.

*Prepared by West Virginia University Extension Service.*

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