

Adolescent-Young Adult Medicine

14 East 90th St. 1B New York, NY 10128

Tel 212-987-1414 Fax 212-987-1518

www.ayam-nyc.com

FABULOUS FIBER

Fiber is a mix of non-digestible substances found in plant cell walls and is endowed with many important health benefits. There are two types of fiber, **soluble** and **insoluble**, related to its ability to dissolve in water. Foods rich in **soluble fiber** lower cholesterol (and therefore the risk of heart disease) and slow the absorption of glucose (helpful to someone with diabetes). Foods rich in **insoluble fiber** promote regularity of bowel movements and decrease the risk of colon cancer and diverticulitis. **Insoluble fiber** helps to prevent or alleviate constipation and the associated symptoms of abdominal pain, bloating and excess gas. Many fiber-rich foods contain both soluble and insoluble fiber. Meals rich in fiber-produce earlier and longer-lasting satisfaction, which is helpful in maintaining a healthy weight.

AIM TO EAT APPROXIMATELY 25 – 35 GRAMS OF FIBER EACH DAY

Increase the amount of fiber in your diet gradually (over a week or two) to give your body a chance to adjust. It is important to eat high fiber foods *throughout the day*. Here are some suggestions:

- Breakfast:** High fiber cereal or whole grain bread...plus fruit
Yogurt mixed with whole grain cereal or wheat bran
- Lunch and Dinner:** Sandwich on whole grain bread with lettuce and tomato
Soup with lots of beans, lentils, and vegetables
Salad with added beans, lentils, chickpeas and vegetables
Baked potato (with skin!), brown rice, whole grain pasta
Lots of vegetables and fruit (including dried fruits)
- Snacks:** Fresh or dried fruits (raisins, prunes, apricots)
Cut up raw veggies
High fiber cereal, popcorn, whole wheat pretzels

Fiber absorbs water, so **drink plenty of fluid** each day, at least 8-10 cups (8 oz. each). Check the **Nutrition Facts Label** on packaged foods... look for foods with at least 2.5 grams of fiber per serving.

Suggested foods with their approximate fiber content (in grams) per serving:

Cereals:

Fiber One ½ cup	(13)	Beans ½ cup cooked	(4-6)	Raspberries 1 cup	(5)
Kashi Go Lean Crunch ¾ cup	(9)	Peas ½ cup cooked	(4)	Pear 1	(4)
Kashi To Goods Friends ¾ cup	(9)	Peanuts ½ cup	(5)	Blueberries 1 cup	(4)
All Bran 1/3 cup	(8)	Almonds ½ cup	(2)	Prunes 5	(3)
Raisin Bran ¾ cup	(4)			Raisins ½ cup	(3)
Oatmeal ½ cup cooked	(2)	Broccoli 1 cup	(5)	Strawberries 1 cup	(3)
		Corn 1 cup	(4)	Apple 1	(3)
Whole wheat bread 2 slices	(3)	Baked potato w/skin	(5)	Banana 1	(2)
Brown rice 1 cup cooked	(3)	Carrots 1 cup	(5)		
Barley 1 cup cooked	(9)	Spinach 1 cup	(4)		
Bran muffin 1	(2)	Sweet potato (small)	(3)		