

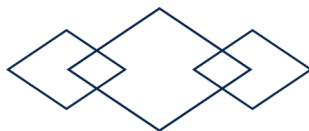


Fiber in Your Food

Below are the serving sizes of foods and how much dietary fiber they contain:

Food	Serving Size	Fiber (grams)
Fiber One	2/3 cup	18
All-Bran	1/2 cup	9.1
Raspberries	1 cup	8.0
Black beans	1/2 cup	7.5
Baked beans	1/2 cup	7.0
Raisin Bran	1 cup	6.7
Kidney beans	1/2 cup	6.6
Avocado	1/2 avocado	5.8
Pear	1 pear	5.5
Apple	1 apple	4.4
Almonds	1/4 cup, whole	4.0
Oatmeal	1 cup	4.0
Blueberries	1 cup	3.6
Corn, sweet	1 cup	3.6
Rice, brown	1 cup	3.5
Carrots	1 cup	3.4
Banana	1 banana	3.1
Whole grain bread	1 slice	3.0
Orange	1 orange	3.0
Bran muffin	1 muffin	2.8
Pecans	1/4 cup	2.5
Walnuts	1/4 cup	2.0

According to ndb.nal.usda.gov



campus
HEALTH

Nutrition Services

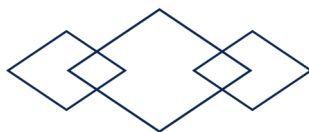
Provided by a registered dietitian and available by appointment to eligible patients at Campus Health.



THE UNIVERSITY
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Student Affairs

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FIBER FACTS

Get to know the body's super food



What is fiber?

Fiber is a type of carbohydrate found in plant foods such as **fruits, vegetables, grains, and legumes** that the body cannot digest or absorb.

Fiber can be divided into two categories according to physical characteristics and effects on the body: **Soluble and insoluble**.



Soluble Fiber



Function: normalize blood glucose (*sugar*) levels, lower blood cholesterol levels and serve as prebiotics, or food for the healthy bacteria in our guts (*probiotics*).



Sources: legumes, oats, apples, avocado, pears, carrots, and other fruits and vegetables.

Insoluble Fiber



Function: increase stool bulk, relieving and/or preventing constipation; may help prevent some digestive diseases and colon cancer.



Sources: wheat bran, whole-grain cereal and breads (aim for 3 grams of fiber or more), and fruits with edible skins and seeds like strawberries, blackberries, and blueberries.

Why do I need more fiber?

Eating high-fiber foods can help relieve some problems with **constipation, hemorrhoids, diverticulitis, and irritable bowel syndrome**.

Dietary fiber may also lower your cholesterol and help prevent heart disease, diabetes, and certain cancers.

How much fiber do I need?

Current recommendations suggest adults should consume **20–38 grams** of dietary fiber per day.

On a daily average, though, Americans only eat **12–15** grams of dietary fiber.

How can I increase my fiber intake?

Include high-fiber foods in your meals and snacks from a variety of sources. Try adding one high-fiber food to your snack every day, like almonds or berries.

For more food ideas, check out the list of high-fiber foods in this brochure.



Fiber supplementation

Some people don't tolerate fibrous foods well. **If you can't consume enough fiber through your diet, certain stool softening and bulking agents are available.**

These products absorb water and produce the bulk the digestive tract needs to perform naturally. They help create a soft, well-formed stool, helping to prevent and treat digestive tract disorders.

Which supplements should I buy?



Choosing a fiber supplement should be based on fiber content and dosage. Read the package information to determine how much fiber a product provides. Common fiber products are available in powder and tablet forms:

- Powder fiber supplements are added to a glass (8 ounces) of water or your favorite beverage.
- Tablet fiber supplements are swallowed whole, but must also be taken with a full glass (8 ounces) of water or other beverage.

Check with your physician and dietitian prior to starting a supplement.

Did You Know?



The Healthy Heels Shoppe and Student Stores Pharmacy offer these snacks and supplements to help you reach your fiber goals:

- **Daily Fiber** – 100% Natural Psyllium Husk Daily Fiber Supplement
- **Almonds** and **whole-grain snack bars**