

Fiber Content of Foods

Common serving sizes of foods containing dietary fiber are shown below:

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

Info above from ndb.nal.usda.gov



Nutrition Services

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



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The University
of North Carolina
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FIBER FACTS



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 thereby 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 such as strawberries, blackberries, and blueberries.

Why do I need more fiber?

Eating foods that are high in fiber can help relieve some problems with constipation, hemorrhoids, diverticulitis, and irritable bowel syndrome.

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

How much fiber do I need?

Current recommendations suggest that adult consume 20–38 grams of dietary fiber per day.

On a daily average, Americans eat only 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.

Check out the list of high-fiber foods in this brochure. Try adding one high-fiber food to your snack every day, like almonds or berries.



Fiber supplementation

Some people do not tolerate fibrous foods well. **If you can't consume enough fiber in your diet alone, certain stool softening and bulking agents are available.** These products absorb water and produce the bulk necessary for the digestive tract to perform naturally. They help create a soft and well-formed stool. For this reason, they can be very useful in preventing and treating digestive tract disorders.

Which fiber supplement?

Your choice of fiber supplement should be based on fiber content and dosage. Be sure to read 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.

Products Stocked at Healthy Heels Shoppe and Student Stores Pharmacy

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