



Fast Fiber Facts

True or false (T or F)?

- Dietary fiber is found in plant foods (fruits, vegetables, grains and legumes).
- Getting your fiber from whole fruits, vegetables, grains and legumes also provides many important nutrients for your health.
- You get less fiber from orange juice than from an orange. In general, less processing equals more fiber.
- Soluble fiber is best for lowering blood cholesterol. Insoluble fiber helps the intestine function well. So eating a variety of fiber-rich foods is best.

The answers: *All are true statements!*

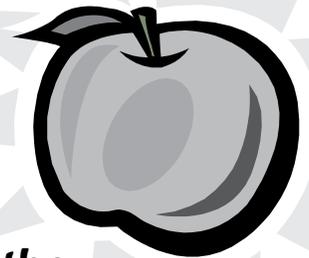
How Much Fiber Do You Need?

The National Institutes of Health recommends 20 to 35 grams of fiber daily for older children, adolescents and adults. The Mayo Clinic has the following recommendations:

	Fiber recommendation (grams per day)
Men, age 50 and younger	38
Men, age 51 and older	30
Women, age 50 and younger	25
Women, age 51 and older	21

Source: Mayo Clinic;
www.mayoclinic.com/health/fiber/NU00033/NSECTIONGROUP=2

Simple Swaps to Perk Up the Fiber in Your Diet



Higher-fiber choice:

- White bread Whole-grain bread
- Instant or white rice Brown rice
- Canned fruit or juice Fresh fruit with skins
- Potato chips Popcorn
- Chocolate chips Raisins
- Cream of tomato soup... Lentil or split pea soup
- Low-fiber cereal Bran cereal
- Sugar cookies Oatmeal raisin cookies
- White flour Whole-wheat flour

Remember to increase your fiber intake slowly, and drink plenty of water to avoid digestive upset.

NDSU

EXTENSION

North Dakota State University

Reviewed November 2019

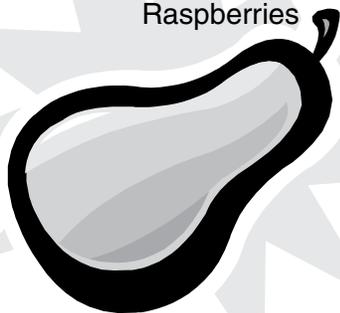
Your Fiber-food Hit Parade

To learn more about your food choices, compare Nutrition Facts labels on packaged foods. The food label can state that a product is “a good source” of fiber if the food has 2.5 grams to 4.9 grams of fiber per serving. The package can claim “high in,” “rich in” or “excellent source of” fiber if the food provides 5 grams per serving.

☆☆☆ Fruits ☆☆☆

(2 grams or more fiber per serving, about ½ cup)

Apple w/skin	Blueberries
Banana	Prunes
Strawberries	Orange
Pear	Raspberries
Raisins	



☆☆☆ Vegetables ☆☆☆

(2 grams or more fiber per serving, about ½ cup cooked)

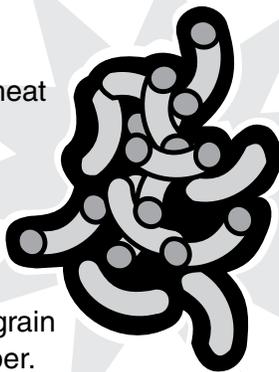
Broccoli	Peas
Carrots	Brussel sprouts
Corn	Potato with skin
Spinach	

☆☆☆ Grains ☆☆☆

(1 gram or more fiber per serving, about 1 ounce)

Whole Wheat	Rye
Pumpernickel	Cracked wheat
Bran muffins	Brown rice
Whole-wheat pasta	

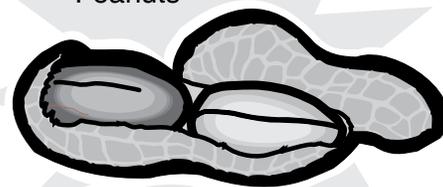
Breakfast cereals vary in their fiber content. Read the Nutrition Facts labels to compare your choices. Whole-grain cereals usually are higher in fiber.



☆☆☆ Legumes ☆☆☆

(4 grams or more fiber per serving, about ½ cup)

Lentils	Pinto beans
Kidney beans	Dried peas
Lima beans	Navy beans
Baked beans	Peanuts



Julie Garden-Robinson, Ph.D., L.R.D., Food and Nutrition Specialist

Materials were partially funded by the USDA's Supplemental Nutrition Assistance Program.

Source: Content adapted from “Harvest Health at Home: Eating for the Second 50 Years,” North Dakota State University Extension; authored by Karen Heller, Susan J. Crockett and Joyce Merkel.

NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

For more information on this and other topics, see www.ag.ndsu.edu/food

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.