

Dietary Fiber

Western lifestyle eating, high-fat, low-fiber, plays a role in about 1/3 of all cancers. One way to lower your risk of getting cancer is to eat a diet that is high in fiber, low in fat and rich in a variety of fruits and vegetables. This handout is designed to educate you about fiber and suggest ways to increase the amount of fiber in your diet.

Two Basic Types:

- Soluble
 - ◆ Able to hold water
 - ◆ Oat bran, legumes, barley
- Insoluble
 - ◆ Do not dissolve in water
 - ◆ Wheat kernels, popcorn, fruit skins
- Each type benefits health.

Good Sources of Fiber:

- Whole grains of all kinds (wheat, corn, oats, rye and brans)
 - 1 cup white flour = 3 g fiber
 - 1 cup whole wheat flour = 14.5 g fiber
 - Bran cereals = 6-14 g fiber per serving
 - Wheat bran is the most protective against colon tumor development
- Fruits and vegetables
 - Skins are high in fiber
- Nuts and legumes (Oligosaccharides in legumes may cause excess flatulence, soaking prior to cooking helps make the legumes more readily digestible)
 - Lentils
 - Black-eyed peas
 - Pinto beans
 - Green beans
 - Lima beans
 - Black beans
- Add these to soups, salads, and other dishes
- Meats and dairy dishes do NOT contain fiber

Recommended Daily Fiber Intake

World Health Organization suggests:

Lower limit	27 g/day
Upper limit	40 g/day

*Most people do not consume as much fiber as they need for good health!

Suggestions to increase intake:

- ✓ Check the food label for # of grams of dietary fiber per serving!
- ✓ Eat 2 servings of foods high in wheat bran a day
 - Example - Cereal products
 - Make sure they contain 3-5 g fiber per serving
- ✓ Eat a mixture (3:1 ratio) of insoluble to soluble fibers.
 - Easily obtained with 5 servings or more of fruits and vegetables and 6 servings of **whole**-grain breads, cereals, and legumes daily
- ✓ Choose a variety of whole foods each day.

Listing of foods and fiber content:

(Mahan KL, Escott-Stump S. Krause's Food, Nutrition and Diet Therapy, 1996, p. 43)

The following have <1 grams of fiber:

- Bagel (1/2)
- White and French bread (1 slice)
- Rice Krispies, Special K, Cornflakes (1 oz)

- White rice (1/2 cup)
- Cucumber, lettuce, green pepper (1/2 cup)
- Grapes (20), watermelon (1 cup)

The following have 1-1.9 grams of fiber:

- Whole wheat bread (1 slice)
- Oatmeal, Nutri-Grain, Cheerios (1 oz)
- Macaroni, spaghetti (1 cup)
- Brown rice (1/2 cup)
- Asparagus, green beans, cabbage, cauliflower, celery (1/2 cup)
- Potato w/out skin (1)
- Apricots (3), grapefruit (1/2), peach w/skin, pineapple (1/2 cup)

The following have 2-2.9 grams of fiber:

- Bran muffin (1)
- Wheaties, shredded wheat (1 oz)
- Broccoli, Brussels sprouts, carrots, corn, spinach (1/2 cup)
- Potato w/skin (1)
- Apple w/out skin, banana, orange (1 medium)

The following have 3-3.9 grams of fiber:

- Most cereals, Honey Bran (1 oz)
- Whole wheat spaghetti (1 cup)
- Lentils (1/2 cup)
- Peas (1/2 cup)
- Apple w/skin, pear w/skin, raspberries (1/2 cup)

The following have 4-4.9 grams of fiber:

- Bran Chex, 40% Bran flakes, Raisin Bran (1 oz)
- Lima beans, Dried peas (1/2 cup)

The following have 5-5.9 grams of fiber:

- Corn bran (1 oz)

The following have >6 grams of fiber:

- All-Bran, Bran Buds, 100% Bran (1 oz)
- Kidney, baked, navy beans (1/2 cup)

Caution!

- ◆ Health professional's from the International Food Information Council Foundation caution against making an immediate leap from a low-fiber intake to recommended levels.
 - ◆ Increased consumption too rapidly can result in flatulence, and cramping.
 - ◆ Gradually add fiber to diet along with adequate fluid intake to avoid side effects.



