

Figuring Out Fiber

WHAT IS FIBER AND WHY DO WE NEED IT?



Fiber is found in fruits, vegetables, beans, nuts and whole grains and cannot be digested or absorbed by the intestines.^{1,2} Fiber helps with feeling full, regularity, and maintaining a healthy digestive system.³ Fiber can act as a prebiotic, a non-digestible food component that promotes healthy bacteria growth and activity in the colon.⁴ Most Americans do not get enough fiber in their diet, so it's important to look for ways to boost your intake.³

SOLUBLE VERSUS INSOLUBLE FIBER:

Both soluble and insoluble fibers are important for digestive health.⁵ Soluble fiber slows movement through the digestive system which helps with feeling full.⁵ Inulin is a soluble fiber found naturally in several fruits and vegetables and in fiber supplements like FiberChoice®. In the large intestines, inulin acts as a prebiotic promoting the activity of healthy bacteria which may support a healthy immune system.^{4, 6} Insoluble fiber speeds up movement through the digestive system and helps to keep you regular.^{5, 7}



HOW MUCH FIBER DO I NEED?³

25
grams per day
for adult women

38
grams per day
for adult men

HOW DO I GET MORE FIBER?



Make half...

- your plate fruit and vegetables⁹
- your grains whole grains⁹

FiberChoice®

- 3 grams of fiber per serving
- One serving is a good source of fiber accounting for 12% of the recommended daily value (based on a 2,000 calorie diet)



WHAT IT MEANS:

Foods labeled a "good source of fiber" have at least 2.5 grams of fiber per serving. Foods labeled an "excellent source of fiber" have at least 5 grams of fiber per serving.⁴

WHERE CAN I FIND FIBER?

Dietary fiber occurs naturally in foods such as fruits, vegetables, beans, nuts and whole grains.⁴ Other sources are functional fibers which are added to food or used in supplements.^{3, 4, 8}



ALMONDS
(1 ounce) 3.5 g



ARTICHOKE HEARTS
(1/2 cup) 7.2 g



FIBERCHOICE®
(1 serving) 3.0 g



PEAR
(1 medium) 5.5 g



WHOLE WHEAT SPAGHETTI
(1/2 cup, cooked) 3.1 g

References:

- ¹ Lattimer JM, Haub MD. Effects of dietary fiber and its components on metabolism health. *Nutrients*, 2010;2:1266-1289.
- ² National Academy of Sciences. Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients). Washington, DC: The National Academies Press, 2005.
- ³ U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
- ⁴ Dietary Guidelines Advisory Committee. 2010. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010, to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

⁵ Mahan, L. K., & Escott-Stump, S. (2008). *Krause's food & nutrition therapy*. St. Louis, Mo: Saunders/Elsevier.

⁶ Roberfroid MB. Introducing inulin-type fructans. *Br J Nutr*. 2005 Apr;93 Suppl 1:S13-25.

⁷ Marteau P, Jacobs H, Cazaubiel M, Signoret C, Prevel J, Housez B. Effects of chicory inulin in constipated elderly people: a double-blind controlled trial. *Int J Food Sci Nutr*, 2011;62(2):164-170.

⁸ National Research Council. Dietary, Functional, and Total Fiber. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients)*. Washington, DC: The National Academies Press, 2005.

⁹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines 2010, Selected Messages for Consumers. Retrieved April 17, 2013, from <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/SelectedMessages.pdf>

For more information on FiberChoice® visit FiberChoice.com