

Center for Community Health & Prevention

Fiber 101

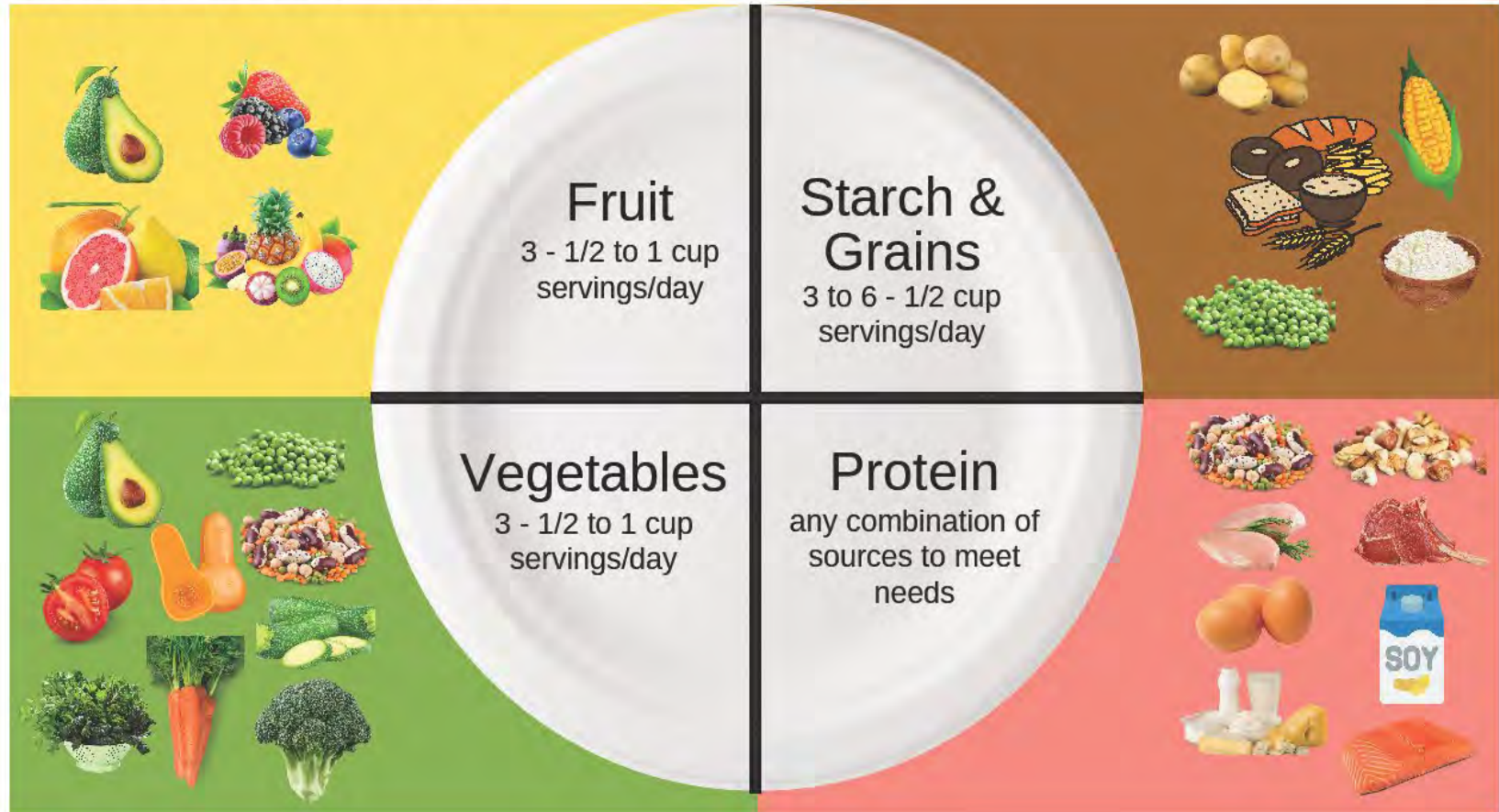
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Discovery. Inspiration. Transformation.

CCHP Balanced Plate



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Benefits of combining foods:

Vit C + Iron



Potassium + Sodium



Fat + Vitamins
ADEK



Soluble fiber +
Cholesterol



Nutrition Facts – What to Look for

- **Fiber: consume enough to...**
 - lower cholesterol
 - support gut health
 - reduce blood sugars
 - reduce risk of GI cancer



Where to find it?

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recommended Intakes

- **Fiber:** at least 25 to 38 g daily (21g and 30g respectively for ages 50 years and older)
 - 10-13 g per meal
 - Note: Men need at least 10 more grams fiber than women on average!

Fun Fact: Recommendations for intake of added sugar and fiber are exactly the same (38 g daily), only the recommendation is a maximum for sugar and a minimum for fiber!

Balance and Synergy!!!!

Beans

Food	Portion	Amount of Fiber
Lima beans, cooked	1 cup	14 g
Black beans, cooked	1 cup	16 g
Garbanzo beans, cooked	1 cup	15 g
Lentils, cooked	1 cup	12 g
Cranberry beans, cooked	1 cup	16 g
Kidney beans, cooked	1 cup	17 g
Navy beans, cooked	1 cup	16 g
White beans, small, cooked	1 cup	19 g
Pinto beans, cooked	1 cup	18 g

Berries

Food	Portion	Amount of Fiber
Raspberries, raw	1 cup	8 g
Blueberries, raw	1 cup	4 g
Strawberries, raw	1 cup	3 g
Blackberries, raw	1 cup	8 g

Other Fruits

Food	Portion	Amount of Fiber
Banana	1 medium	3 g
Pear	1 medium	6 g
Orange	1 medium	4 g
Apple	1 medium	4 g
Prunes,	dried 1/2 cup	6 g
Raisins	2 ounces	2 g
Peaches, dried	1/4 cup	3 g
Figs, dried	1/2 cup	8 g

Cruciferous Veggies

Food	Portion	Amount of Fiber
Kale, cooked	1 cup	3 g
Cauliflower, cooked	1 cup	5 g
Kohlrabi, raw	1 cup	5 g
Savoy cabbage, cooked	1 cup	4 g
Broccoli, cooked	1 cup	5 g
Brussels sprouts, cooked	1 cup	6 g
Red cabbage, cooke	1 cup	4 g

Food	Portion	Amount of Fiber
Barley, pearled, cooked	1 cup	6 g
Buckwheat groats, cooked	1 cup	5 g
Popcorn, air popped	3 cups	4 g
Oats (old fashioned), dry	1/2 cup	4 g
Rye flour, dry	1/4 cup	7 g
Quinoa, cooked	1 cup	5 g
Wild rice, cooked	1 cup	3 g
Wheat flour (whole wheat), dry	1/4 cup	4 g
Brown rice, cooked	1 cup	4 g
Bread (whole wheat), sliced	1 slice	2 g
Crackers, rye wafers	1 ounce	6 g
Spaghetti (whole wheat), cooked	1 cup	6 g

Leafy Greens

Food	Portion	Amount of Fiber
Turnip greens, cooked	1 cup	5 g
Mustard greens, cooked	1 cup	5 g
Collard greens, cooked	1 cup	5 g
Spinach, cooked	1 cup	4 g
Beet greens, cooked	1 cup	4 g
Swiss chard, cooked	1 cup	4 g

Nuts

Food	Portion	Amount of Fiber
Almonds	1 ounce	4 g
Pistachio nuts	1 ounce	3 g
Cashews	1 ounce	1 g
Peanuts	1 ounce	2 g
Walnuts	1 ounce	2 g
Sunflower seeds	1/4 cup	3 g
Pumpkin seeds	1/2 cup	3 g

Squash

Food	Portion	Amount of Fiber
Crookneck squash, cooked	1 cup	3 g
Summer scallop squash, cooked	1 cup	5 g
Hubbard squash, cooked	1 cup	7 g
Zucchini squash, cooked	1 cup	3 g
Acorn squash, cooked	1 cup	9 g
Spaghetti squash, cooked	1 cup	2 g

Sample meal with all 4 food groups

- Protein: meatloaf
- Starch: potato
- Veggie: mixed green salad
- Fruit: sliced oranges



Ideas for Increasing Fiber in This Meal?

Food	Fiber Content
Meatloaf	0g
Smashed potatoes with skin (1 cup)	3 g
Side Salad (1 cup)	3 g
1 Clementine (in salad)	1.3 g

Total Fiber: 7.3

Sample meal with all 4 food groups

- Protein: Salmon
- Starch: White Pasta
- Salad: Veggie mix
- Fruit: Fruit Salad



Ideas for Increasing Fiber in This Meal?

Food	Fiber Content
Salmon	0g
White Pasta (1 cup)	2 g
Veggie Mix (1 cup)	3.5 g
Fruit Salad (1 cup)	3.3 g

Total Fiber: 8.8g