Fiber is readily available in our food sources. Fiber, the indigestible part of plant food, helps maintain our bowel movements, avoiding constipation, decreasing incidence of hemorrhoids and diverticuli, and overall helping our bowel health.

There are two types of fiber, soluble and insoluble.

**Soluble fiber** (for example, found in apples, oats, peas, beans, barley, most citrus fruits, carrots, and psyllium) forms a gelatinous like substance when mixed with water. Soluble fiber helps lower our risk of coronary artery disease and stroke by 40 - 50% and reduces the risk of developing type 2 diabetes mellitus.

**Insoluble fiber** promotes the movement of material through our digestive tract. Examples of insoluble fiber are wheat, bran, nuts, and most veggies.

The Daily Reference Value recommended is 20-35gms of fiber per day.

It is so easy to get fiber in our diet!

Who doesn’t like apples and oatmeal for breakfast? Wheat toast with grapefruit?

Baked beans and grilled veggies for lunch?

Or, how about fresh raw spinach with red onion, strawberries, and a little olive oil and vinegar?

Fiber obtained through one’s diet is preferable because it usually comes along with vitamins and minerals that are obtained in naturally occurring fiber foods. There are fiber supplements in pill or powder form that can be added to your diet if needed, always taken with plenty of fluids. Fiber supplements such as Metamucil (psyllium), Citracel, or other generics, can be taken regularly. People tolerate increases in fiber variability. At first, adding fiber to the diet can sometimes cause abdominal gas; starting slowly often helps with small increases until stools are soft formed and regular.

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**Fiber contents of common American foods:**

**Cereals**
- Quaker Multigrain (1/2 c. dry) 5.0g
- Oat Bran, hot (1 oz) 4.0g
- Oatmeal, reg. hot (1 oz.) 2.8g
- Oatmeal, cooked 2.1g
- Cream of Wheat (1 oz.) 1.0g
- All Bran-Extra Fiber (1.1 oz. 1/2c.) 15.0g
- Fiber One (1 oz. 1/2 c.) 14.0g
- Bran Buds (1 oz.1/3 c.) 10.0g
- 100% Bran (1 oz. 1/2 oz.) 9.0g
- Raisin Bran (2 oz. 1 c.) 7.0g
- All Bran (1.1 oz. 1/2 c.) 6.0g
- Total Raisin Bran (1c.) 5.0g
- Fruitful Bran (1.4 oz. 2/3 c.) 5.0g
- Complete Bran Flakes (1oz. 1c.) 5.0g
- Natural Bran Flakes (1oz. 2/3 c.) 5.0g
- Fruit & Fiber (1.25 oz. 2/3 c.) 5.0g
- Common Sense Oat Bran (3/4 c.) 4.0g
- Shredded Wheat ‘N Bran (1oz. 2/3c.) 4.0g
- Mueslix (2 oz. 2/3 c.) 4.0g
- Cracklin Oat Bran (1 oz. 3/4 c.) 3.0g
- Oatbake Honey Bran (1 oz.) 3.0g
- Frosted Mini-Wheats (1 oz. 1/3 c.) 3.0g
- Shrd. Wheat Spoon Size (1 oz. 2/3 c.) 3.0g
- Shredded Wheat (1 biscuit) 3.0g
- Shredded Wheat (1 biscuit) 3.0g
- Frosted Wheat Squares (1 oz. 1/2 c.) 3.0g
- Whole Grain Total (1oz. 3/4 c.) 3.0g
- Grape Nuts (1 oz.) 3.0g
- Wheaties (1 oz. 1 c.) 3.0g
- Just Right Fruit & Nut (1.9 oz. 3/4 c.) 3.0g
- Nutri-Grain (1.1 oz. 3/4 c.) 3.0g
- Raisin Nut Bran (1 oz. 1/2 c.) 3.0g
- Wheat Chex (1 oz. 2/3 c.) 2.0g
- Granola (1.1 oz. 1/3 c.) 2.0g
- Basic 4 (1.4 oz. 3/4 c.) 2.0g
- Cheerios (1 oz. 1.25 c.) 2.0g
- Total (1 oz. 1 c.) 2.0g
- Quaker 100% Natural (1 oz) 2.0g
- Corn Flakes (1 oz. 1 c.) 1.0g
- Nature Valley Granola (1 oz. 1/3 c.) 1.0g
- Product 19 (1.1 oz. 1 c.) 1.0g
- Corn Pops (1 oz.) 1.0g
- Frosted Flakes (1 oz.) 1.0g
- Special K (1.1 oz. 1 c.) 1.0g
- Rice Crispies (1 c.) 0.3g
- Nut & Honey Crunch (1 oz.) 0.0g
- Pancakes, whole wheat (1.3 oz.) 3.5g
- French Toast 1.3g
- Pancakes <1.0g
<table>
<thead>
<tr>
<th><strong>Nuts &amp; Seeds</strong></th>
<th><strong>Fruits</strong></th>
<th><strong>Legumes</strong></th>
<th><strong>Grains</strong></th>
<th><strong>Rice</strong></th>
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</thead>
<tbody>
<tr>
<td>Almonds, oil roasted (1/4 c.)</td>
<td>Pears with skin (1 large)</td>
<td>Baked Bean, canned (1/2 c.)</td>
<td>Corn Bran, Raw (1 oz)</td>
<td>Wild Rice (1/2 c.)</td>
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<tr>
<td>Pistachio, (1/4 c.)</td>
<td>Avocado (1)</td>
<td>Kidney Beans, cooked (1/2 c.)</td>
<td>Wheat Bran, toasted (1 oz)</td>
<td>Long Grain brown (1/2 c.)</td>
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<tr>
<td>Peanuts, dry roasted (1/4 c.)</td>
<td>Blackberries (1/2 c.)</td>
<td>Soybeans (1/2 c.)</td>
<td>Barley (1/2 c.)</td>
<td>Brown (1/2 c.)</td>
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<tr>
<td>Sunflower Seeds (1/4 c.)</td>
<td>Strawberries (1 c.)</td>
<td>Navy Beans, cooked (1/2 c.)</td>
<td>Rice Bran, raw (1 oz)</td>
<td>White (1/2 c.)</td>
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<tr>
<td>Walnuts (1/4 c.)</td>
<td>Dates (5)</td>
<td>Lima Beans, cooked (1/2 c.)</td>
<td>Oat Bran, raw (1 oz)</td>
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