

Meeting Recommendations for Fiber

Do you know how many grams you should be eating daily?



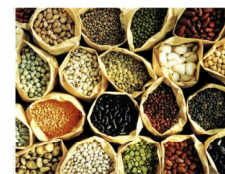
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Benefits of a high-fiber diet include prevention of constipation, lowering of cholesterol, weight maintenance and more – **but do you know how many grams of fiber you should be eating every day?** Many Americans fall short of the recommended 25g/day for women and 38g/day for men. *Which foods are the best sources of fiber?*

GRAIN PRODUCTS!

- Whole grain breads, cereals, pastas, pitas, etc.
- Whole grains such as brown rice, oats, quinoa and bulgur
- Bran flakes, All Bran

(Tip: Read labels for fiber content - not all whole grains are high in fiber! Select bread/pastas with 3+ grams fiber/serving and cereal with 5+ grams fiber/serving).



FRUITS & VEGETABLES!

- Pears are high in fiber (5g/each); most other fruits (berries, oranges, or an apple with skin) contain around 3 g/fiber per serving.
- Peas, artichokes, brussel sprouts and broccoli all have around 6g/fiber per 1-cup serving.



LEGUMES, NUTS & SEEDS!

- Lentils are especially high in fiber (a 1-cup serving contains over 15g/fiber); black beans and lima beans are also good sources.
- Almonds and pistachios have about 3g fiber per 1-ounce serving.



FOR MORE ON FIBER, CHECK OUT THESE LINKS!

- Need for whole grains <http://www.foodnavigator-usa.com/news/ng.asp?n=84332&m=1FNU331&c=uyywbncrazkakx>
- Dietary sources of fiber <http://www.mayoclinic.com/health/high-fiber-foods/NU00582>
- Soluble vs. insoluble fiber <http://www.healthcastle.com/fiber-solubleinsoluble.shtml>
- High-fiber foods <http://www.healthcastle.com/high-fiber-foods.shtml>

To reap the benefits of a high fiber diet, include fruits, vegetables, beans and grain products – they're all great sources of fiber!