

FIBER IN YOUR DIET

WHAT IS FIBER?

Fiber is the portion of plant foods that our bodies cannot absorb or digest. Fiber is found primarily in fruits, vegetables, legumes, and whole grains. There is no fiber in foods that come from animals, such as meat, milk, cheese, and yogurt.

There are two basic types of fiber:

- a. Insoluble Fiber: This is the kind of fiber that's sometimes referred to as "roughage". It includes the woody or structural part of plants, such as fruit and vegetable skins and the outer coating (the bran) of the wheat kernel.
- b. Soluble Fiber: Soluble fibers are substances that dissolve and thicken in water to form gels. Oats, peas, beans, barley, apples, and citrus fruits all contain soluble fiber, and oat bran is an especially rich source.

Why Is Fiber Good For You?

Fiber attracts and absorbs water. Think of the solid waste in your intestine as a dry sponge. A dry sponge is dry and hard. When it is soaked with water it softens and expands. The same thing happens to the waste in your intestine when you have adequate fiber in your diet. It attracts water and softens and expands the solid waste, thus speeding up the elimination process. This combats constipation and helps to prevent cancers of the digestive system such as intestinal, stomach, and colon cancer. Besides preventing constipation, fiber has many other health benefits, including::

- LOWERS RISK OF DIGESTIVE DISORDERS
Fiber can also prevent other digestive disorders such as irritable bowel syndrome, hemorrhoids, and diverticulitis.
- LOWERS BLOOD CHOLESTEROL LEVELS
The soluble fiber found in beans, oats, and flaxseed has been shown to help lower "LDL" or bad cholesterol.
- HELPS MAINTAIN BLOOD SUGAR LEVELS

Fiber slows the absorption of sugar, which helps control blood sugar levels. This is especially important in helping to reduce the risk of developing type 2 diabetes.

- AIDS IN WEIGHT LOSS AND WEIGHT CONTROL

There are several reasons that a high-fiber diet helps to control weight. First of all, most high-fiber foods generally take more time to chew, which gives to time to recognize when you've had enough to eat and you're no longer hungry. Secondly, high-fiber foods are less "energy-dense", which means they have fewer calories for the same amount of foods that are more "energy-dense". Think of a large bowl of salad greens (not including the dressing) for only about 60 calories versus the average candy bar for about 250 calories. You get to eat and chew much more food eating the salad than the candy bar for far fewer calories. And finally, fiber fills you up and will help you stay full longer than a low-fiber diet of highly processed foods.

HOW MUCH FIBER DO YOU NEED?

The American Cancer Society recommends a range of 20-35 grams of fiber daily. If you aren't getting enough fiber in your diet, or if you are only getting at the lower end of this range (20 grams) you need to increase your fiber intake *gradually*. Changing from a very low-fiber diet to a very high-fiber diet suddenly may cause some intestinal distress (tummy ache!), so make the change gradually. If you need to add fiber to your diet, you need to increase your intake of:

- Whole-grain products
- Fruits
- Vegetables
- Peas, beans, and other legumes
- Nuts and seeds

Refined and processed foods contain little or no fiber, so in order to increase fiber in your diet you must decrease your intake of:

- White bread
- White grain foods such as white rice, white pasta, etc.
- Non-whole-grain cereals
- Snack foods made from enriched flour such as crackers, pop-tarts, cookies, etc.

TIPS FOR ADDING MORE FIBER TO YOUR DIET

- Look for the words whole-grain rather than enriched in ingredient lists.
- Look for the words “bran” or “fiber” in the name of products, such as Raisin Bran cereal or Fiber One Bars.
- Substitute half whole-wheat flour when making pancakes, biscuits, pizza crust, and even cookies.
- Keep a bowl of fruit readily available for snacks.
- Cut up raw vegetables as soon as you bring them home from the store and store them in zip-lock bags or plastic containers.
- At the salad bar add beans and seeds rather than cheese and croutons to your salad.

YOU CAN GET ME IN YOUR BREAKFAST

IF YOU DON'T SLEEP TOO LATE,

YOU CAN COUNT ON ME TO HELP YOU

CONTROL YOUR WEIGHT.

EVEN THOUGH YOU'LL NEVER FIND ME

HANGING OUT IN MEAT.

MY NUTRITIONAL VALUE

JUST CAN'T BE BEAT.

TO AVOID DIABETES

AND STAY HEALTHY AND WELL

MY ABILITY TO STABILIZE BLOOD SUGAR

IS REALLY SWELL

FIND THE SIMPLE ANSWER

AND YOU JUST MIGHT PREVENT CANCER

WHAT AM I?

elowh

srgan

nda

efbri

Name _____ Period _____

FIBER IN YOUR DIET QUESTIONS

After reading FIBER IN YOUR DIET handout, answer the following questions:

1. Do we digest fiber? _____ yes _____ no
2. Name the three groups on the Food Guide Pyramid that supply fiber:

3. Name the two groups on the Food Guide Pyramid that DO NOT supply fiber:

4. Name the two types of fiber:

5. What is one source of insoluble fiber? _____
6. What is one source of soluble fiber? _____
7. Fiber attracts _____ in the intestine and helps to speed the digestion and elimination process, thus preventing many types of _____.
8. The fiber found in beans and oats can help lower blood _____ levels.
9. Getting plenty of fiber in your diet helps to control blood _____ levels, which helps to prevent the onset of _____.
10. Fiber helps in _____ loss for several reasons:
 - a. Foods high in fiber take longer to _____ which helps slow your eating and recognize when you are _____.
 - b. High-fiber foods are less energy-dense, meaning they have fewer _____.
 - c. Unlike highly processed foods that digest quickly, high-fiber foods make you feel _____ longer.

11. The amount of fiber recommended daily by the American Cancer Society is _____ to _____ grams.

12. Name five groups of food to focus on in order to increase your fiber intake:

13. Name five specific foods that would come from the above list:

14. List four groups of foods to avoid in order to increase your fiber intake:

15. Name four specific foods that would come from the above list:

Name _____ Period _____

THE HUNT FOR FIBER

Name of Bread	First ingredient	Grams of fiber per serving

Name of Cereal	First ingredient	Grams of fiber per serving
Raisin Bran		
Special K		
Wheat Chex		
Apple Jacks		
Frosted Mini-Wheats		
Fruit Loops		

Name of Cracker	First ingredient	Grams of fiber per serving
Ritz crackers		
Cheeze-its		
Triscuits		
Zesta Saltines		
Ry-Krisp		
Ak-Mak		

Name of Snack Food	First ingredient	Grams of fiber per serving
Pop Tarts		
Pretzels		
Vanilla Wafers		
100 Calorie Right Bites		
Nature Valley Granola Bars		

List the first ingredient for any of the foods that contained more than one gram of fiber per serving:

Name _____ Period _____

GRAINS AND FIBER POWERPOINT NOTES

1. Grains are the primary source of _____ needed to provide _____ for the body.
2. The three parts of the grain kernel are:

3. The part of the grain kernel that contains the fiber is the _____.
4. The germ is a rich source of Vitamin _____, _____-complex vitamins, iron, and other _____.
5. _____ flour is made from only the endosperm, and contains mostly starch and a small amount of protein.
6. Whole grains are made from _____ of the grain kernel. They are rich in B-complex vitamins from the _____ and fiber from the _____.
7. _____ grains have the germ and the bran removed, resulting in _____ flour which is made from only the endosperm. When refined

grains have the vitamins that are lost during processing added back in, they are called _____.

8. If a food is a whole grain product the word _____ will appear in the ingredient list, telling us that the food will be a good source of _____.

9. The word _____ will appear in the ingredient list for foods that are not whole grain. These foods will not contain _____.

10. Some of the health benefits of fiber are that it:

- a. regulates _____.
- b. prevents _____.
- c. helps in _____ control.
- d. lowers the risk of _____ disease.
- e. aids in digestion, reducing the risk of some kinds of _____.

11. The American Cancer Society recommends that people get between _____ and _____ grams of fiber daily.

12. Fiber is also present in all _____ and _____.

There is no fiber in foods that come from _____.

13. Some tips for getting more fiber in your diet are:


- a. Eat _____ grains instead of _____ grains.
- b. Add crushed _____ cereal when baking muffins and breads.
- c. Use _____ whole wheat flour in place of enriched flour when baking.
- d. Eat _____ for snacks.
- e. Add _____ to salads and taco dishes.
- f. Use _____ pasta and _____ rice.
- g. Snack on raw _____ and whole grain _____.

Name _____

Period _____

Daily Food Plan to Meet Fiber Requirement

_____ to _____ grams daily

Food	Serving size	Grams of Fiber
Breakfast		
Lunch		
Dinner		
Snacks		
	Total Daily Fiber 	grams

