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 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    srigan    nda    cfibri

____________    _______    _______
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:

   ____________________________________
   ____________________________________
   ____________________________________
   ____________________________________
THE HUNT FOR FIBER

<table>
<thead>
<tr>
<th>Name of Bread</th>
<th>First ingredient</th>
<th>Grams of fiber per serving</th>
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<thead>
<tr>
<th>Name of Cereal</th>
<th>First ingredient</th>
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<tbody>
<tr>
<td>Raisin Bran</td>
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<td>Special K</td>
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<td>Wheat Chex</td>
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<td>Apple Jacks</td>
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<tr>
<td>Frosted Mini-Wheats</td>
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<tr>
<td>Fruit Loops</td>
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<tr>
<td>Name of Cracker</td>
<td>First ingredient</td>
<td>Grams of fiber per serving</td>
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<tr>
<td>Ritz crackers</td>
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<td>Cheeze-its</td>
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<td>Triscuits</td>
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<td>Zesta Saltines</td>
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<tr>
<td>Ry-Krisp</td>
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<td>Ak-Mak</td>
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<thead>
<tr>
<th>Name of Snack Food</th>
<th>First ingredient</th>
<th>Grams of fiber per serving</th>
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<tbody>
<tr>
<td>Pop Tarts</td>
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<tr>
<td>Pretzels</td>
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<tr>
<td>Vanilla Wafers</td>
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<tr>
<td>100 Calorie Right Bites</td>
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<tr>
<td>Nature Valley Granola Bars</td>
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List the first ingredient for any of the foods that contained more than one gram of fiber per serving:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
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 ________________.
WHOLE GRAIN PANTRY CHECK

Your assignment is to read the Nutrition Facts Labels on some of the packages and boxes in your pantry at home. Some good examples would be bread, crackers, cereal, granola bars, and any snack products.

Remember the tip on the Food Guide Pyramid is to

MAKE \_

YOUR GRAINS \_

FOOD | 1\textsuperscript{ST} INGREDIENT (type of flour or grain) | 2\textsuperscript{ND} INGREDIENT | GRAMS OF FIBER
---|---|---|---

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# Daily Food Plan to Meet Fiber Requirement

_________ to __________ grams daily

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving size</th>
<th>Grams of Fiber</th>
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<tbody>
<tr>
<td>Breakfast</td>
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<td>Dinner</td>
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<tr>
<td>Snacks</td>
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Total Daily Fiber: __________

grams