

## Fiber

**Fiber** is the structural part of plant foods which can not be digested by humans. The total fiber of a food consists of two types: soluble fiber and insoluble fiber.

### INSOLUBLE FIBER

- Found in vegetables, wheat, and cereal
- May be beneficial for
  - Constipation
  - Prevention of colon cancer and diverticular disease
  - Slowing the absorption of glucose

### SOLUBLE FIBER

- Found in fruits, oats, barley, and legumes
- May be beneficial for
  - Lowering cholesterol
  - Slowing the absorption of glucose

**A total fiber daily intake of at least 20-30 grams** is recommended, with the majority coming from soluble fiber.

### *Fiber Content of Selected Foods (source USDA)*

<b>Grains</b>		Total Fiber (g)	Soluble Fiber (g)
Bran, Wheat, dry	¼ cup	6	Trace
Barley, cooled	½ cup	4	1
Bulgur, cooked	½ cup	4	1
Spaghetti Noodles, whole wheat	1 cup	4	1
Wheat Germ, ready-to-eat	¼ cup	4	1
Cracked Wheat, cooked	½ cup	3	Trace
Multigrain or Granola Bread	1 slice	2	Trace
Rice, Brown, cooked	½ cup	2	Trace
Spaghetti Noodles	1 cup	2	1
Whole Wheat Bread	1 slice	2	Trace
White Bread	1 slice	1	Trace

<b>Legumes and Nuts</b>		Total Fiber (g)	Soluble Fiber (g)
Lentils, cooked	½ cup	8	1
Lima Beans	½ cup	7	3
Beans, baked	½ cup	6	3
Kidney Beans	½ cup	6	3
Navy Beans	½ cup	6	2
Pigeon Peas, cooked	½ cup	6	1

Green Peas, cooked	½ cup	4	1
Peanuts, dry roasted	¼ cup	3	1
Walnuts	¼ cup	2	Trace
Filberts, raw	10 nuts	1	Trace

<b>Fruits</b>		Total Fiber (g)	Soluble Fiber (g)
Pear, fresh	1 large	5	3
Apple, fresh	1 medium	4	1
Blueberries, fresh	1 cup	4	Trace
Plum, fresh	5 small	4	2
Strawberries, fresh	1 cup	4	1
Apricot, fresh	3 fruits	3	1
Banana, fresh	1 medium	3	1
Orange, fresh	1 medium	3	1
Apricot, dried	5 half	2	1
Cherries, fresh	10 fruits	2	Trace
Dates	3 fruits	2	Trace
Peach, fresh	1 medium	2	1
Plum, dried	3 fruits	2	1
Raisins	¼ medium	2	Trace
Cantaloupe	¼ medium	1	Trace
Grapefruit	½ medium	1	1
Grapes, fresh without seeds	20 fruits	1	Trace
Pineapples, fresh	½ cup	1	Trace

<b>Vegetables</b>		Total Fiber (g)	Soluble Fiber (g)
Parsnips, cooked	½ cup	4	2
Carrots, cooked	½ cup	3	1
Brussels Sprouts, cooked	½ cup	3	2
Potato, baked with skin	1 medium	3	1
Spinach, cooked	½ cup	3	1
Squash, Winter, cooked	½ cup	3	2
Beans, String	½ cup	2	1
Cabbage, cooked	½ cup	2	1
Cauliflower, cooked	½ cup	2	Trace
Corn, cooked	½ cup	2	Trace
Sweet Potato, cooked	½ medium	2	1
Turnip, cooked	½ cup	2	1
Broccoli. Cooked	½ cup	1	1
Kale, cooked	½ cup		1
Squash, Summer, cooked	½ cup	1	Trace
Tomato, raw	1 medium	1	Trace
Zucchini, cooked	½ cup	1	1