

## Dietary Fiber

### Types of Fiber

There are two types of fiber, soluble fiber and insoluble fiber. Both have different effects on the gastrointestinal (GI) tract. They are important in the diet and assist with digestion and maintain regular bowel movements. Some fibers have both soluble and insoluble fibers; psyllium (pronounced sil'e-um) seed husk, oats, and oat bran are examples. Psyllium is a grain that is found in some cereal products, in certain dietary supplements, and in certain bulk fiber laxatives.

### Fiber and Diarrhea

Soluble fiber is helpful in the management of diarrhea. Good examples of sources of soluble fiber are bananas, white rice, white toast, applesauce, oatmeal, mashed potatoes, noodles, canned fruit without the skins, cream of rice (farina), pancakes, waffles (limit syrup and butter), graham crackers, saltine crackers, and oyster crackers. For guidance about the treatment of diarrhea, ask your healthcare team for the handout "Diarrhea."

### Fiber and Constipation

Dietary fiber helps normal bowel function and therefore helps treat and prevent constipation. Fiber in diets with a variety of types of foods, legumes, and whole and high-fiber grain products are important for normal bowel function. Good examples of food that are high in fiber and help with constipation are whole grain breads, fresh raw fruits with skins and seeds, fresh raw vegetables, fruit juices, dried fruits, dates, apricots, prunes, and nuts. A fiber supplement may be needed when your food intake is low. For guidance about the treatment of constipation, ask your healthcare team for the handout "Constipation."

### Recommended Amounts of Fiber

Recommended intake: 20-35 grams a day for healthy adults, 5 grams a day plus the age of the child for children. These general recommendations may not be right for all people.

It is recommended to add fiber to your diet slowly. Ask your healthcare team before you make changes to the fiber content of your diet.

Make sure to drink plenty of fluids (at least six 8-ounce glasses) per day.

## Sources of Dietary Fiber

Grams of Fiber according to Dietary Food Portions

<b>Food</b>		<b>Dietary Fiber</b>	<b>Soluble</b>	<b>Insoluble</b>
<b>FRUITS</b>				
Apple w/skin	1 medium	5.7	1.5	4.2
Applesauce	½ cup	1.6	0.5	1.1
Banana	1 small	1.3	0.6	0.7
Blackberries	½ cup	3.8	3.1	0.7
Grapefruit	½ medium	1.5	1.2	0.3
Orange	1 medium	2.0	0.5	1.5
Peach	1 medium	3.2	1.3	1.9
Pear w/skin	1 medium	4.0	2.2	1.8
Plum	1 large	1.7	0.9	0.8
Prune	3 medium	1.9	1.0	0.9
Strawberries	½ cup	1.9	0.5	1.4
<b>VEGETABLES</b>				
Broccoli	½ cup	1.4	0.2	1.2
Brussels Sprouts	½ cup cooked	3.3	2.0	1.3
Carrots	½ cup cooked	1.6	1.1	1.5
Carrots, baby	6 raw carrots	2.8	1.4	1.4
Corn	½ cup	2.0	0.3	1.7
Potato, baked w/skin	1 med	2.9	1.2	1.7
Potato, mashed	½ cup	1.6	0.9	0.7
Spinach	½ cup	2.7	0.5	2.2
Tomato	1 small	0.9	0.0	0.9
<b>GRAINS</b>				
All-Bran	½ cup	9.0	1.4	7.6
Bran Flake Cereal	¾ cup	5.5	0.5	5.0
Cornflakes	1 cup	0.7	0.0	0.7
Cream of Rice (Farina)	1 cup	1.2	0.5	0.7
English Muffin	1	2.0	0.5	1.5
Macaroni	½ cup	0.9	0.4	0.5
Oat Bran	½ cup	4.4	2.2	2.2
Peanut Butter, chunky	2 TBSP	1.5	0.0	1.5
Popcorn	3 cups	2.3	0	2.3
Rice, Brown, cooked	½ cup	1.7	0.1	1.6
Rice, White, cooked	½ cup	0.2	0	0.2
Rolled Oats (oatmeal)	¾ cup cooked	3.0	1.3	1.7
Whole-wheat Bread	1 slice	1.9	0.3	1.6
White Bread	1 slice	0.7	0.4	0.3

<b>Food</b>		<b>Dietary Fiber</b>	<b>Soluble</b>	<b>Insoluble</b>
<b>LEGUMES</b>				
Chick Peas	1/2 cup cooked	6.25	1.3	4.9
Kidney Beans	1/2 cup cooked	5.8	2.9	2.9
Pinto Beans	1/2 cup cooked	7.4	1.9	5.5
Lentils	1/2 cup cooked	4.5	0.6	3.9

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**