

Factors that Promote a Healthy Weight: High Fiber Foods

Fiber is a type of carbohydrate that can be found in foods like fruits, vegetables, whole grains, beans, and legumes. Unlike other carbohydrates, fiber is **not** easily broken down by the body during digestion.

Diets high in fiber promote a healthy weight by promoting feelings of fullness sooner and for a longer period of time after eating, promote regular bowel movements, and have been associated with reduced risk for heart disease and type II diabetes.

There are two types of fiber: Soluble and Insoluble

Soluble Fiber

Soluble fiber attracts water and dissolves into a gel-like substance in the digestive tract.

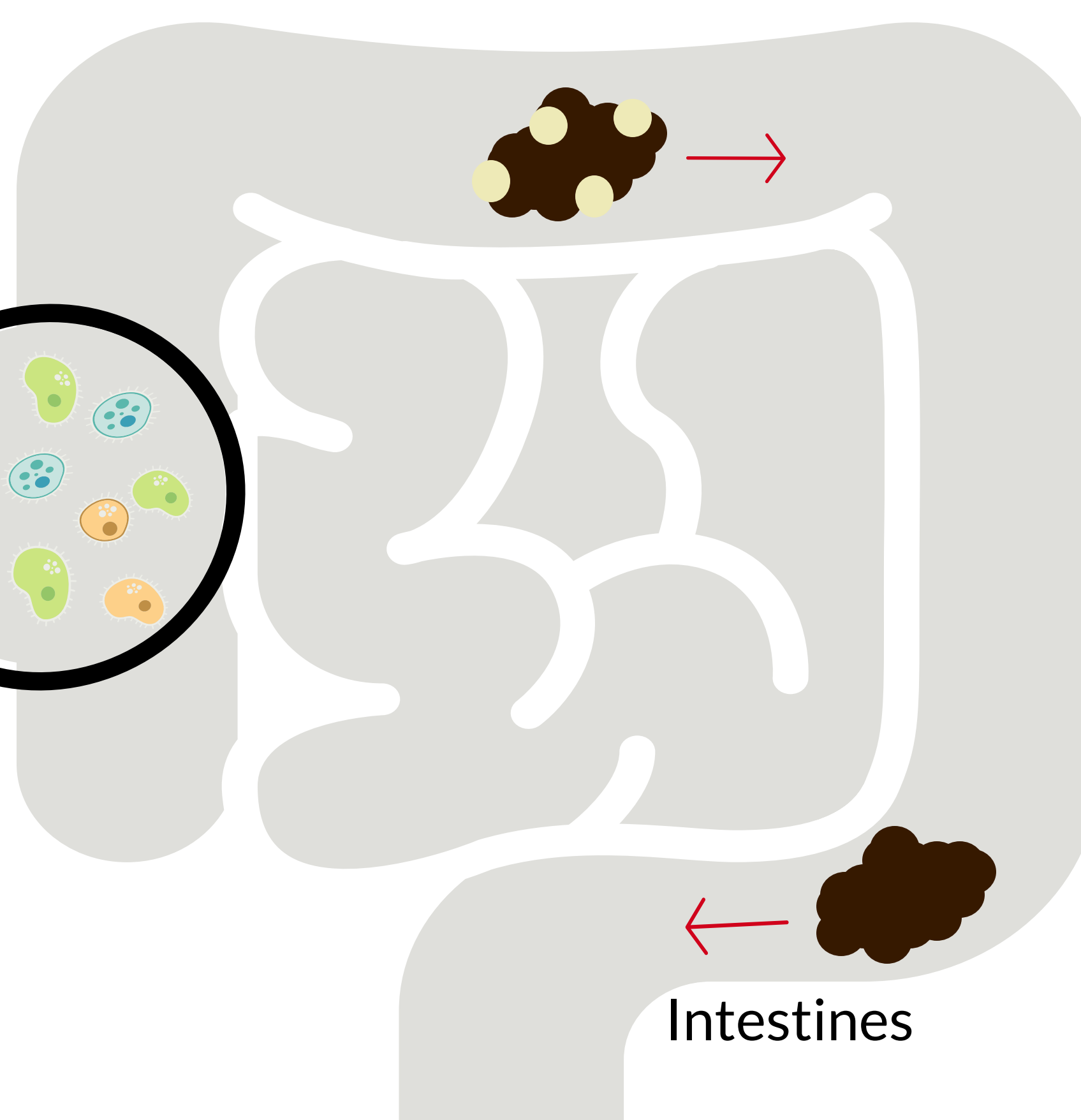
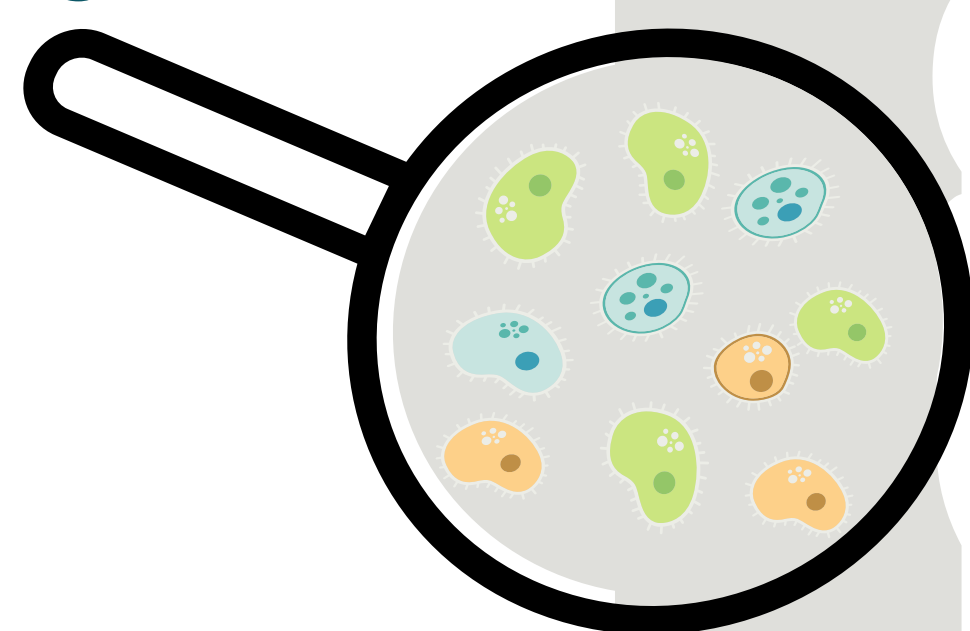
VS

Insoluble Fiber

Insoluble fiber stays mostly intact throughout the digestive tract.

Soluble fiber's gel-like consistency binds to excess fat, blocking its absorption in the intestines.

Soluble fiber acts as food for the beneficial bacteria in the gut.



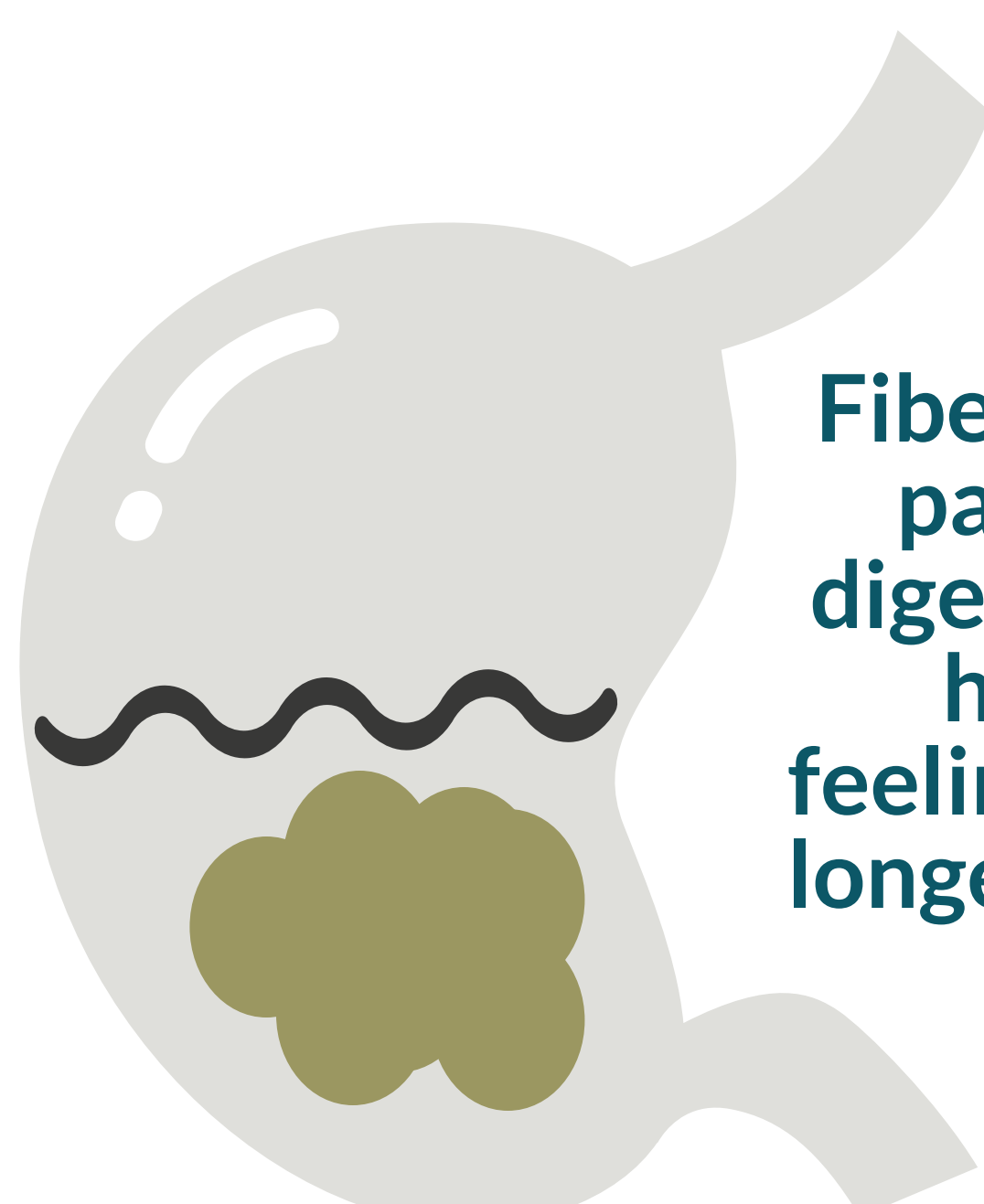
Intestines

Insoluble fiber helps to bulk up stool so that waste and toxins can be effectively removed from the body.



High fiber foods tend to be naturally higher in essential vitamins, minerals, and antioxidants.

Fiber takes longer to pass through the digestive tract which helps promote feelings of fullness for longer periods of time after eating.



Stomach

Benefits of Increasing Fiber Intake During and After Treatment

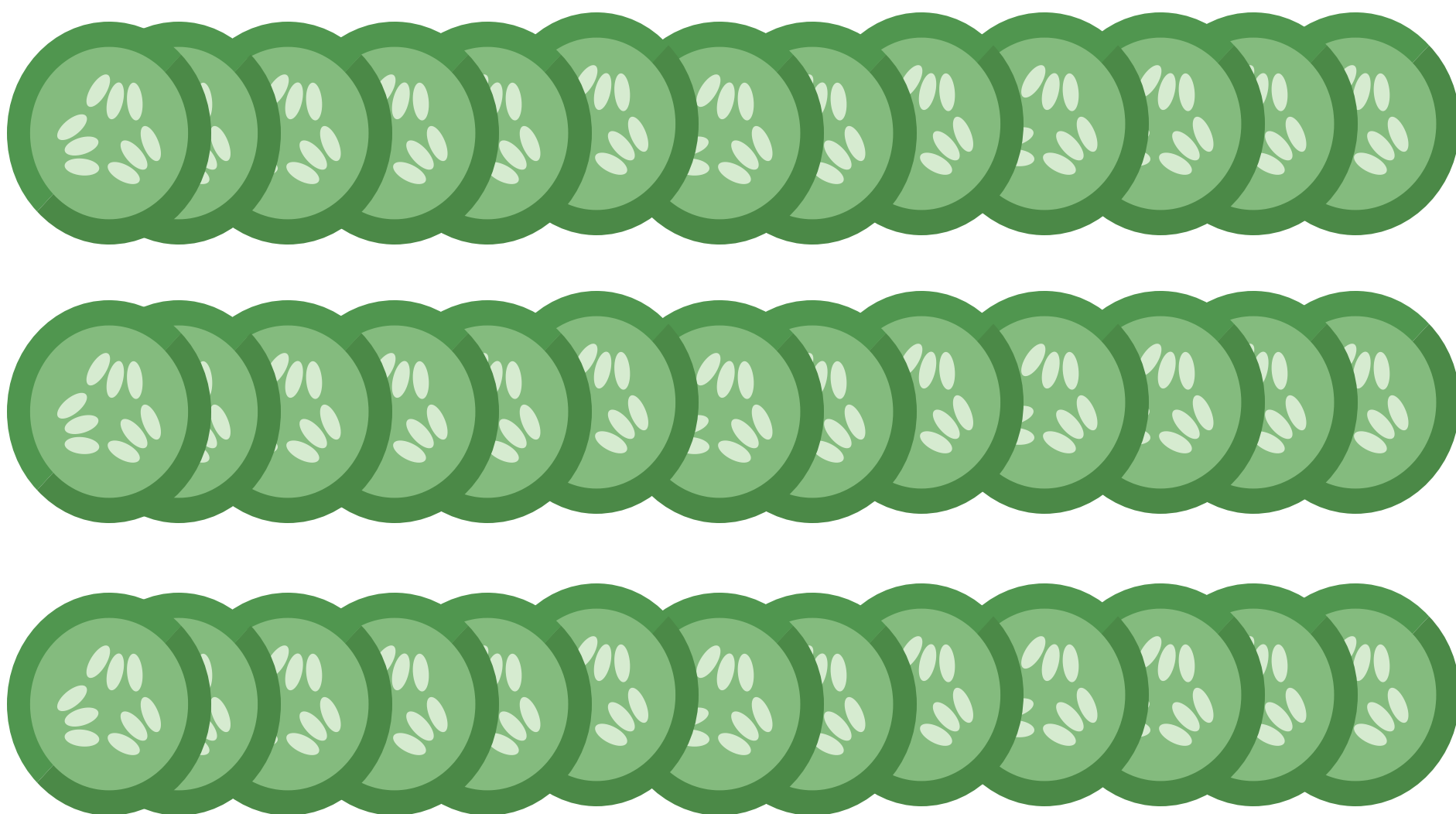
High-fiber foods like fruits and vegetables are nutrient dense. This means that they provide a high amount of vitamins and minerals per serving. Along with being nutrient dense, many high fiber foods, specifically vegetables, do not provide a significant amount of calories per serving. Because of this, increasing consumption of high fiber foods like vegetables can help to bulk up the volume of meals and snacks without contributing to excessive calorie intake.

Because fiber takes longer to pass through the digestive tract, it also aids in promoting prolonged feelings of fullness after eating. Fiber also helps to slow the rate that blood sugar rises after eating, which aids in promoting sustained energy levels.



100 calories worth of chips

VS



100 calories worth of cucumber slices

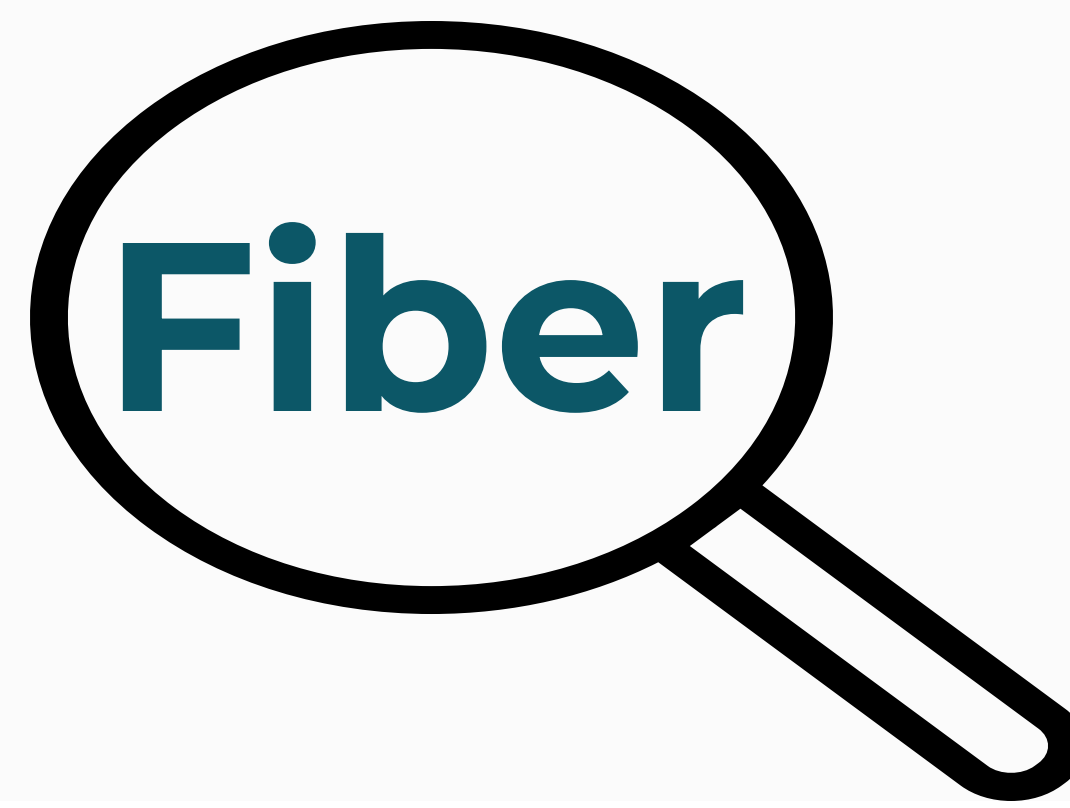


Recommended Daily Fiber Intake

Age	Fiber (grams per day)	
4-8	25	
9-13	Males: 31	Females: 26
14-18	Males: 38	Females: 26
19+	Males: 38	Females: 25

Where to find Fiber

Source: USDA nutrient database

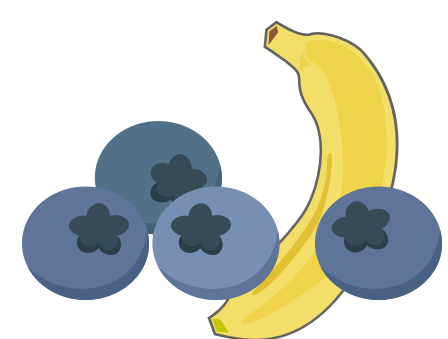


High fiber foods are often made up of a mix of soluble and insoluble fiber



Vegetables

	Serving Size	Grams of Fiber	Soluble Fiber	Insoluble Fiber
Cooked spinach	1 cup	7	2.2	4.8
Cooked Brussels sprouts	1 cup	6.4	3.4	3
Red cabbage, cooked	2 cups	6	0.3	5.7
Acorn squash, baked	1 cup	6	0.7	5.3
butternut squash, baked	1 cup	5.7	2.3	3.4
Parsnips	1 cup	5.4	2.7	2.7
Collard greens, cooked	1 cup	5.3	2.4	2.9
Okra	1 cup	5.2	1.3	3.9
Cooked broccoli	1 cup	5	2.5	2.5
Cooked turnip greens	1 cup	5	1.6	3.4
Cauliflower	1 cup	4.9	2	2.9
Tomato sauce, puree	1 cup	4.8	2.3	2.5
White potato, baked w/ skin	1 medium	4.8	2	2.8
Sweet potato with skin	1 medium	4.8	1.8	3
Cooked carrots	1 cup	4.7	2.6	2.1
Artichoke hearts, canned/jar	4 small	4.5	3.3	1.2
Green peas	½ cup	4.4	1.3	3.1
Cooked beets	1 cup	4	1.8	2.2
Cooked green beans	1 cup	4	1.6	2.4
Mushrooms	1 cup	3.4	0.4	3
Peppers, sweet, raw	1 cup	3.1	1.3	1.8
Raw carrots	1 cup	3.1	1.5	1.6
Cooked cabbage	1 cup	2.9	1.2	1.7
Eggplant, cooked	1 cup	2.5	0.8	1.7



Fruit

	Serving Size	Grams of Fiber	Soluble Fiber	Insoluble Fiber
Figs, dried	3 medium	10.5	4.9	5.6
Raspberries	1 cup	8	2.1	5.9
Blackberries	1 cup	7.6	1.9	5.7
Pear with skin	1 medium	5.1	1.9	3.2
Tangerine	2 medium	5	4.4	0.6
Cranberries	1 cup	5	1.7	3.3
Orange	1 large	4	2.5	1.5
Apricot, whole	5	4	2.1	1.9
Red apple with skin	1 medium	4	1.4	2.6
Mangoes	1 medium	3.7	2.2	1.5
Blueberries	1 cup	3.5	0.7	2.8
Strawberries	1 cup	3.4	1.3	2.1
Bananas	1 banana	3.1	0.8	2.3
Prunes	5 small	3	1.8	1.2



Whole Grains

	Serving Size	Grams of Fiber	Soluble Fiber	Insoluble Fiber
All-Bran cereal	½ cup	8.8	1.4	7.4
Raisin Bran cereal	1 cup	6.8	1.2	4.6
Buckwheat	½ cup	7	2.1	4.9
Pearl barley, cooked	1 cup	6	1.6	4.4
Quinoa	1 cup	5	2.9	2.1
Bulgur, cooked	½ cup	4.1	0.7	3.4
Whole-grain bread	2 slices	4	0.8	3.2
Plain oats, cooked	1 cup	4	2.1	1.9
Rye bread	2 slices	3	1.6	1.4
Oat bran, cooked	½ cup	2.7	1.5	1.2



Beans & Legumes

	Serving Size	Grams of Fiber	Soluble Fiber	Insoluble Fiber
Navy beans, cooked	½ cup	9.6	3.2	6.4
Split peas, cooked	½ cup	8	2.5	5.5
Lentils, cooked	½ cup	7.8	0.9	6.9
Pinto beans, cooked	½ cup	7.7	1.8	5.9
Black beans, cooked	½ cup	7.5	3	4.5
Kidney beans, cooked	½ cup	6.9	2	4.9
Lima (butter) beans	½ cup	6.6	1.7	4.9
Chickpeas, cooked	½ cup	6.3	1.9	4.4
Soy beans	½ cup	5.2	2.3	2.9
Baked beans, canned	½ cup	5.2	2.6	2.6



Nuts & Seeds

	Serving Size	Grams of Fiber	Soluble Fiber	Insoluble Fiber
Sunflower seed kernels	½ cup	6	2.4	3.6
Peanuts, dry roasted	¼ cup	4.6	1.5	3.1
Almonds, sliced	¼ cup	3.5	0.6	2.9

Fooddata Central Database. FoodData Central. (n.d.). Retrieved January 19, 2022, from <https://fdc.nal.usda.gov/fdc-app.html/?component=1084>

Team, C. H. (2020, December 30). *How much fiber do children need?* Cleveland Clinic. Retrieved January 19, 2022, from <https://health.clevelandclinic.org/figuring-dietary-fiber-child-need/#:~:text=Children%201%20to%203%20years,26%20grams%20of%20fiber%2Fday>.