



## Dietary Fiber

Although the benefits of dietary fiber were discussed way back in 400BC by Hippocrates and researched in the 1930's by Dr. Kellogg, inventor of cornflakes, among others, most Americans weren't aware of this important nutrient until the 1970's!

Current research continually supports the many benefits of dietary fiber, making it more important than ever to increase your fiber today.



## Top Sources of Fiber

Legumes cooked/canned		Fiber grams (g)
Black beans	½ c	8.4
Split peas	½ c	8.1
Lentils	½ c	7.8
Kidney beans	½ c	6.8
Grains and Starches		Fiber grams (g)
Bulgur cooked	1 c	8.2
Quinoa cooked	1 c	5.2
Oats steel cut, dry	¼ c	5.0
Whole Grain Pasta cooked	1 c	4.8
Corn kernels	1 c	4.0
Nuts and Seeds		Fiber grams (g)
Pumpkin seeds whole	½ c	5.9
Almonds	¼ c	4.5
Vegetables		Fiber grams (g)
Broccoli cooked	1 c	5.5
Spinach cooked	1 c	4.3
Brussels sprouts cooked	1 c	4.0
Fruit		Fiber grams (g)
Blackberries	1 c	7.6
Pear medium	1	5.5
Avocado Mexican	½	4.6

## Top 5 Reasons to Eat More Fiber



- Viscous fibers, such as those found in oats and beans, can lower LDL AKA "lousy" cholesterol levels and improve blood glucose and insulin responses.
  - Especially helpful if you have Type 1 or Type 2 Diabetes!
  - These fibers mix with water to form a gel, look on the left.

- High fiber intake promotes bowel health by preventing constipation, hemorrhoids, and diverticular disease.

- Did you know? Adult intestines can be up to 30ft long and sometimes our waste needs a little help to move through.
- Some fibers expand. The sponge on the right is made with plant fiber. When water is added it puffs and helps to "clean" you out!



**\*\*ALERT! For both types of fiber to work, adequate water is needed\*\***

- Diets rich in fiber from whole grains, legumes AKA beans, fruit, and non-starchy vegetables can reduce your risk of developing Heart Disease and Type 2 Diabetes.
- Fibers are carbohydrates that cannot be broken down and absorbed by our bodies. Instead, they pass through from our mouths to our bottoms and serve as food for the healthy bacteria in our gut that protect us from infection.
  - These bacteria also make vitamins for us like B vitamins & Vitamin K
- Natural fiber is only found in delicious plant based foods. These foods not only taste terrific, they can help lower your risk of developing a variety of cancers, help with weight loss, and cost less than meats and dairy products.

## Recommendations

Children: Age + 5g  
Adults: Men 38g, Women 25g

## Our Dietitians



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**Ask Endo-Nutrition** Send your questions to [lshack@montefiore.org](mailto:lshack@montefiore.org) and look out for answers in next month's issue!