



FIBER

The latest recommendation on daily intake of dietary fiber (non-starch polysaccharide) comes from the National Academies' Institute of Medicine (IOM).

Daily Recommended Fiber Intake

Women	Men
25 grams/day, for women younger than 50	38 grams/day, for men younger than 50
21 grams/day, for women older than 50	30 grams/day, for men older than 50

Soluble vs. Insoluble Fiber

Most nutritionists and diet experts suggest that approximately 20-30 percent of our daily fiber intake should come from soluble fiber.

Soluble fiber stays in your stomach longer to help fill you up and slow absorption. Examples are found in oat bran, peas, dried beans, seeds, oranges, & grapefruit. Insoluble fibers hold water and produce softer bulkier stools for better regularity. They are found in wheat bran, nuts, and many fruits and vegetables.

Extra Fiber May Need Extra Water

Dietary fiber soaks up water. Thus, increasing your fiber intake may divert water from cells. Therefore, when increasing your fiber consumption, be sure to increase your intake of fluids accordingly. Make sure you are taking in at least 64 oz of water daily.

How Do I Increase Fiber?

Wheat bran contains phytates - chemicals which attach themselves to minerals and make them unavailable to the body. To avoid calcium and other mineral deficiency, it's best to get your fiber from a variety of good sources, like fruit, vegetables, whole grains, nuts, seeds and beans. You can, of course, get added fiber from **fiber supplements such as Metamucil, Citrucel or Benefiber.**

Increase Your Fiber Intake Gradually

If your diet is currently low in dietary fiber, don't raise your fiber intake too quickly, as this may trigger flatulence, bloating and other side effects. Instead, start including one or two high fiber foods daily. Then, every three or four days, add another high fiber food, and so on.

Other Tips for Constipation

- Avoid alcohol and limit caffeine to <300 mg/day
- Include high-fiber vegetables including spinach, broccoli, greens, okra, and cauliflower.
- Gradually increase exercise to at least 20 minutes per day
- Do not ignore the urge to have a bowel movement even if you a very busy schedule.
- Although you may generally add supplemental fiber daily, laxatives such as Milk of Magnesia, Dulcolax or Miralax are only to be used rarely as a second line as dependence may occur with routine use. At that time, occasional suppository or enema use may be helpful. If any abdominal pain occurs, immediately seek medical help.





High Fiber/Low Sugar Foods

FOOD	SERVING SIZE	CARBS	FIBER	CALORIES	TSP OF SUGAR
Strawberries	½ cup sliced	6	2	25	0.8
Red Raspberries	1 cup fresh	17	8	50	1
Blackberries	½ cup fresh	9	4	38	1
Cabbage	1 cup raw	5	2	22	0.6
	1 cup cooked	4	2	20	0.4
Bell Pepper	½ medium sized fresh	3	1	12	0.4
Snow Peas	1 cup fresh	5	2	26	0.6
Zucchini	1 cup cooked	4	1	20	0.6
Collard Greens	1 cup chopped	2	1.5	10	0.1
Avocado	½ medium sized fresh	7.5	2.5	125	1
Spinach	1 cup cooked	7	4	40	0.6
	1 10oz pack frozen	12	7	60	1
Broccoli	1 cup chopped fresh	4.5	2.5	15	0.6
	1 cup cooked	11	5	55	1.2
Celery	2 medium stalks	4	2	15	0.4
Eggplant	1 cup raw	5	2	21	0.6
Romaine Lettuce	1 cup shredded	3	1	20	0.4
Mushrooms	5 medium raw	3	1	20	0.4
Radishes	7 fresh	3	1	10	0.4

