



## Why is FIBER important?

There are many benefits to incorporating fiber in your daily diet.

Fiber helps maintain bowel health, lower cholesterol levels, helps control blood sugar levels, aids in achieving a healthy weight, and as a result can help you live a longer and healthier life.

### Soluble Fiber

Soluble Fiber attracts water and turns into gel in digestion and in doing so slows down digestion and prevents diseases.

Soluble fiber can be found in oat bran, barley, nuts, seeds, beans, lentils, peas, and some fruits and vegetables.

### Insoluble Fiber

Insoluble fiber is found in wheat bran, vegetables, and whole grains and can help in bulking up stool and assist in passing it through your intestine faster.

Here are some great sources of fiber to keep in mind when planning your daily food intake.

- **Amaranth** is a great way to get your fiber. It may not be a familiar choice, but it's a seed worth getting to know as a single cup of amaranth offers 20 grams of insoluble fiber.



- **Cooked cauliflower** is not just a great side dish; it's also rich in insoluble fiber. Just one cup contains almost four grams. Note that while raw cauliflower also contains insoluble fiber, the amount almost doubles when it is cooked.



- Whether you work them into soups, pasta salads, smoothies or simple side dishes, **peas** pack a lot of fiber into your meal. Eating one cup of peas will deliver more than 15 grams of insoluble fiber.



- Eating **cooked prunes** to keep things moving is well-known. With good reason as one cup of cooked unsweetened prunes contains over 12 grams of fiber.



- You already know dark greens are good for you, but did you know they can aid digestion as well? **Cooked spinach** contains between four and five grams of insoluble fiber per cup, and cooked chard has at least three grams.





- When it comes to fruits with insoluble fiber, your best bet is to stick to fruits that you eat with the skin on. Fruits that need to be peeled, such as a banana, for example, may contain insoluble fiber, but not as much. A banana has insoluble fiber, but only about two to three grams. A better choice would be blackberries, which have more than six grams per cup!



- Many nuts make a good source of insoluble fiber. Almonds, for example, have more than 14 grams per cup, and pine nuts have 13 grams per cup. Reach for pistachios or peanuts, too. Both have over 10 grams of insoluble fiber per cup.



- Beans are another great way to up your fiber intake—for the biggest insoluble fiber bang for your buck, opt for roasted soybeans (almost 17 grams per cup) or cooked pinto beans (almost 11 grams per cup).



- An **unpeeled apple** a day may not keep the doctor away, but it will help you boost insoluble fiber in your diet! Eaten with the skin on, a single apple contains almost three grams of fiber. If you're tired of the same old red apples try the vast variety of apples in your grocery store.



## A Few additional Fiber Options to Consider

- Cooked navy beans (1/2 cup contains 9.5 g)
- 100 percent ready-to-eat bran (1/2 cup contains 8.8 g)
- Canned kidney beans (1/2 cup contains 8.2 g)
- Cooked split peas (1/2 cup contains 8.1 g)
- Cooked lentils (1/2 cup contains 7.8 g)
- Cooked pinto/black beans (1/2 cup contains 7.8/7.5 g)
- Cooked artichoke (one whole artichoke contains 6.5 g)
- Cooked white beans/chickpeas/great northern beans (1/2 cup contains 6.3-6.2 g)
- Mature soybeans (1/2 cup cooked contains 5.2 g)
- Plain rye wafers or crackers (2 crackers contain 5.0 g)
- Baked sweet potato with the peel (1 medium potato contains 4.8 g)
- Raw pear or Asian pear (1 small pear contains 4.3-4.4 g)
- Cooked green peas (1/2 cup contains 4.4 g)
- Whole wheat English muffin/bread (1 muffin or 2 slices contains 4.4 g)
- Cooked bulgur wheat (1/2 cup contains 4.1 g)
- Raw raspberries (1/2 cup contains 4.0 g)

