

FIBER



from DAN'S
HAND

DAN YOUNG IS THE FOUNDER & PRESIDENT OF SIMPLE AGAIN. HE HAS COMPETED IN BODY BUILDING AS WELL AS ENDURANCE ATHLETIC EVENTS & IS CERTIFIED IN PERSONAL TRAINING & SPORTS NUTRITION.

Fiber is essential for healthy digestion, promotes weight loss, and helps prevent many ailments such as heart disease and diabetes. We can all benefit by adding a little extra fiber to our diets. The good news is that it is found in many wonderful whole-foods; if you eat a balanced whole foods diet, you probably get enough.

The Basics on Fiber

Dietary Fiber, also known as roughage or bulk, is plant food that our bodies cannot digest or absorb. It can be classified into insoluble (does not dissolve in water) and soluble (dissolves in water). Insoluble fiber promotes healthy digestion and can benefit those with constipation or irregular bowel movements. Soluble fiber helps to lower blood cholesterol and glucose levels.

The Benefits

- Can reduce the risk of heart disease and diabetes
- Reduces total cholesterol and triglyceride levels and increases HDL (good) cholesterol levels
- Helps normalize bowel movements
- Promotes weight loss

Recommended Intake

The National Academy of Science's Institute of Medicine recommends that for ages 50 and below, men should get 38 grams of fiber and women 25 grams daily. For ages 51 and older, men should receive 30 grams and women 21 grams. Having said that, I would recommend more.

Demographics that may need a higher than average fiber diet:

- We could all use more fiber in general
- Those who are over weight
- Diabetics

Best Sources

- Whole wheat flour
- Wheat Bran
- Artichokes
- Almonds
- Sunflower Seeds
- Oats
- Peas
- Apples (with skin)
- Pears (with skin)
- Dried Figs
- Oranges
- Raisins
- Raspberries
- Barley
- Carrots

(See Page 2 for Chart.)

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).

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Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.1
Apple, with skin	1 medium	4.4
Figs, dried	2 medium	3.7
Blueberries	1 cup	3.5
Strawberries	1 cup	3.3
Banana	1 medium	3.1
Orange	1 medium	3.1
Raisins	1.5-ounce box	1.6
Grains, cereal & pasta	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.3
Barley, pearled, cooked	1 cup	6.0
Oat bran muffin	1 medium	5.2
Bran flakes	3/4 cup	5.1
Oatmeal, quick, regular or instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.6
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9
Bread, whole-wheat or multigrain	1 slice	1.9
Legumes, nuts & seeds	Serving size	Total fiber (grams)*
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15.0
Lima beans, cooked	1 cup	13.2
Baked beans, vegetarian, canned, cooked	1 cup	10.4
Sunflower seeds, hulled	1/4 cup	3.6
Almonds	1 ounce (22 nuts)	3.3
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7
Vegetables	Serving size	Total fiber (grams)*
Artichoke, cooked	1 medium	10.3
Peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Sweet corn, cooked	1 cup	4.6
Brussels sprouts, cooked	1 cup	4.1
Potato, with skin, baked	1 medium	4.0
Tomato paste	1/4 cup	2.7
Carrot, raw	1 medium	1.7

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