



# Real Life Nutrition, Inc.

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## Fiber

There are many useful benefits of fiber. Each person needs 14 grams of fiber per 1000 calories. The average American gets less than 10-12 grams of fiber per day. Fiber has no calories, and no effect on the blood glucose.

There are two types of fiber. Soluble fiber absorbs water creating a gel. Soluble fiber can absorb fat and bile acids in the intestines. This can help lower your cholesterol. Insoluble fiber does not absorb water, and acts as roughage, cleaning out your intestines and keeping you regular. You should get a mixture of both kinds of fiber each day.

| Food Item                         | Portion Size             | Fiber grams |
|-----------------------------------|--------------------------|-------------|
| All-Bran Cereal                   | $\frac{1}{2}$ cup        | 10.4        |
| Bran Buds                         | $\frac{1}{2}$ cup        | 10.4        |
| Shredded Wheat biscuit/spoon size | 2 biscuit/1 cup          | 4.4         |
| Fiber One Cereal                  | $\frac{1}{2}$ cup        | 14          |
| *Cheerios (any flavor)            | 1 cup                    | 2-3         |
| *Oatmeal                          | $\frac{3}{4}$ cup cooked | 3-4         |
| 100% whole wheat bread            | 1 slice                  | 2           |
| Corn Bread                        | 1 2X2 sq.                | 2-3         |
| Whole Wheat Pasta                 | 1 cup                    | 4-6         |
| 100% Whole Grain Wheat Thins      | 6                        | 2           |
| Long Grain Brown Rice             | 1 cup                    | 2-4         |
| *Apple                            | 1 small                  | 3           |
| Peach                             | 1 med                    | 2           |
| *Pear                             | 1 med                    | 3-4         |
| Raspberries/Blackberries          | $\frac{1}{2}$ cup        | 3-5         |
| Broccoli/Cauliflower              | $\frac{1}{2}$ cup cooked | 2-3         |
| Brussels Sprouts                  | $\frac{1}{2}$ cup cooked | 2           |
| Cabbage                           | $\frac{1}{2}$ cup cooked | 1-2         |
| Corn                              | $\frac{1}{2}$ cup cooked | 3           |
| Potato                            | 1 small cooked           | 3           |
| Spinach                           | $\frac{1}{2}$ cup cooked | 2           |
| Squash, Winter                    | 1 cup cooked             | 6           |
| Squash, Zucchini                  | $\frac{1}{2}$ cup cooked | 3           |
| Yams/ Sweet Potato                | 1 small cooked           | 5-7         |
| *Dry beans or legumes             | $\frac{1}{2}$ cup Cooked | 2-7         |
| Nuts /Seeds                       | 1 ounce                  | 2-3         |
| Flax Seeds                        | 1 Tablespoon             | 2-3         |

\* Good source of soluble fiber