



A Nutrition Resource



FIBER

What is fiber & why do we need it?

Fiber is the part of plant foods that is not digested. Eating plenty of fiber-rich foods can:

- Help lower your cholesterol.
- Help control your blood sugar response.
- Keep your digestive system running smoothly and prevent constipation.
- Help you feel full after eating.

How much fiber?

More than 90% of women and 97% of men do not meet recommended intakes of dietary fiber. Health experts recommend that adults eat **at least 22 - 34 grams of fiber daily**. A balance of soluble and insoluble fibers is recommended. Eating according to MyPlate can help you meet your dietary fiber goal.

Tips to remember:

- Drink plenty of fluids to keep fiber moving through your body.
- Increase your fiber intake slowly over several weeks. This will prevent excess gas or bloating.
- Start your morning with fiber by having a bowl of whole grain cereal like shredded wheat, bran flakes, or oatmeal.
- Check the nutrition facts label. Five grams or more of fiber per serving is considered high. Look for whole grain bread with at least 2 to 3 grams of fiber per slice.

Eating plenty of both types of fiber

SOLUBLE FIBER

This type forms a gel when mixed with liquid and acts as a scrub brush in the digestive system.

- Eat fruits and vegetables (apples, pears, eggplant, etc.) with edible skin left on.
- Plan meals with legumes (dried beans, peas, and lentils) several times a week.
- Eat oatmeal often - as a cereal or in breads, muffins, and desserts.
- Try recipes with barley. Check out our **Vegetable Barley Soup** recipe at <https://buyeatlivebetter.org/recipes.html>
- Eat fruit and vegetables with seeds, like strawberries and zucchini.

INSOLUBLE FIBER

This type passes through your digestive tract largely intact and may help with lowering cholesterol and stabilizing blood sugar.

- Choose brown rice instead of white rice and whole grain bread instead of white bread.
- Snack on popcorn, dried fruits, raw vegetables, and nuts.
- Eat plenty of vegetables, such as green beans, broccoli, cauliflower, and potatoes.



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Tangy Black Bean & Rice Salad

Yield: 3 Servings | Serving Size: 1 Cup

- ½ cup chopped onion (about ½ medium)
- ½ cup chopped red or green bell pepper (about ½ medium)
- 1 cup cooked and cooled brown rice
- 2 cups cooked black beans (or canned, drained and rinsed)
- 1 avocado, cut into chunks (optional)
- 1 Tablespoon chopped cilantro (optional)
- ¼ cup rice vinegar or white wine vinegar or lemon juice
- ½ teaspoon dry mustard powder (optional)
- 1 clove garlic, chopped or ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 Tablespoon vegetable oil
- ½ teaspoon chili pepper flakes (optional)

- 1) In a mixing bowl stir together the chopped onion, chopped red or green pepper, rice, beans, avocado, and cilantro.
- 2) In a jar that has a secure lid add the vinegar, dry mustard, garlic, salt, pepper, vegetable oil, and chili pepper flakes. Shake until the dressing is evenly mixed.
- 3) Pour the dressing over the bean mixture and stir to mix evenly. Chill for at least one hour.

Southwestern Lunch Wraps

Yield: 8 Servings | Serving Size: 1 Wrap

- 1 cup cooked pinto beans (or canned, drained and rinsed)
- 2 cups cooked black beans (or canned, drained and rinsed)
- ⅔ cup frozen corn (or canned, drained)
- 1 cup low-sodium, canned diced tomatoes (drained)
- Optional spices: chili powder, minced garlic, paprika, salt, and pepper
- 8 (8 inch) whole wheat tortillas
- 1 cup shredded cheddar or pepper jack cheese
- 1½ cups salsa

- 1) Preheat oven to 350°F. Place beans, corn, tomatoes, and spices (if using) in large bowl and toss to mix. Add in cheese. Mix well.
- 2) Spoon the mixture evenly between the tortillas and roll up.
- 3) Bake for 10 minutes or until cheese is melted. Top with salsa.

Tips: Make these wraps ahead of time and freeze until ready to use. Look for salsa that is low in sodium.

Adapted from USDA Mixing Bowl

Nutrition Facts	
3 servings per container	
Serving size	1 cup (258g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 47g	17%
Dietary Fiber 12g	43%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 3mg	15%
Potassium 556mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
8 servings per container	
Serving size	1 wrap (199g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 520mg	23%
Total Carbohydrate 41g	15%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 2mg	10%
Potassium 316mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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