

Fiber

Food sources of fiber include whole wheat, bran, fresh or dried fruits, and vegetables



Benefits of Fiber

- Keeps you full to help you lose weight.
- Reduces your risk of colon cancer, diabetes, high cholesterol, and heart disease.
- Foods that contain fiber contain vitamins, minerals, phytochemicals & antioxidants which can help prevent other types of cancer.
- Keeps you from being constipated.

How to Get the Fiber You Need

- ❖ Men need 38 g/day of fiber
- ❖ Women need 25 g/day of fiber

A product may be labeled “high” “rich in” or an “excellent source of” fiber if it contains 20% or more of the RDI or DRV= 5g or more of fiber per serving (based on 25g/day)

“Good source”, “contains” or “provides,” has 10-19% RDI or DRV. = 2.5g-4.75g of fiber per serving

Fiber content of foods available in Delano Hall

| Food | Fiber Content |
|---|----------------------|
| Apple | 6 g |
| Banana | 4 g |
| Orange | 4 g |
| ½ cup Oatmeal | 3-4 g |
| 1 cup Raisin Bran | 8 g |
| 1 cup Cheerios | 3 g |
| 1 cup Cream of Wheat | 4 g |
| ½ cup Granola cereal | 3 g |
| Whole wheat bread | 1 g |
| White bread/rolls/pasta/bagel | 1 g |
| Baked Potato | 7 g (mashed=2 g) |
| 1.5 cup Romaine lettuce | 2 g |
| ½ cup Peppers | 1 g |
| ½ cup Garbanzo beans/chick peas | 5 g |
| 2 Tbsp Peanut butter | 2 g |
| 1 cup white rice | 1 g |
| 1 cup brown rice | 3.5 g |
| 1 cup mixed vegetables | 8 g |
| ½ cup Broccoli | 2 g |
| ½ cup Cauliflower | 2 g |
| 1 cup Carrots | 5 g |
| ½ cup Green Beans | 2 g |
| ½ cup Raisins | 3.5g |
| 1 cup Mandarin Oranges | 2 g |
| 1 cup Grapes | 2 g |
| Chili con carne | 4 g (8 g with beans) |
| Soups (vegetable & bean ones have more fiber) | 0-13g |