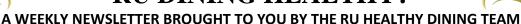


EATING 101 RU DINING HEALTHY?



A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

The Facts on Fiber

How can something humans cannot digest be an essential part of a healthy diet? The fabulous functions of fiber include relieving constipation, lowering cholesterol, and controlling blood sugar levels. It is important to eat a variety of fibrous foods to get both soluble and insoluble fiber in your diet, both of which have health benefits.

	Sources	Benefits
Insoluble	Wheat bran, whole grains,	"Enjoy the go!" Insoluble fiber adds bulk to your stool and
Fiber	potatoes, and vegetables such	keeps things running smoothly. Make sure to drink plenty
	as broccoli.	of water throughout the day to help insoluble fiber
		function at its best.
Soluble	Oats, barley, nuts, seeds,	Soluble fiber keeps your gut healthy by feeding your gut
Fiber	beans, lentils, and fruits.	microbiota, which in turn aids in digestion. It has also been
		found to lower blood cholesterol levels.

The daily recommendation for fiber is **25 grams** for women and **38 grams** for men, but many of us are only getting half of that amount. Try some of the easy swaps below to increase your daily fiber intake:



	If You Like This	Try This Instead
Breakfast	A bowl of Cheerios (1.7g)	A bowl of oatmeal (4g) or a
		high-fiber cereal like Raisin
		Bran (7g)
Lunch	A turkey sandwich on white	A turkey sandwich on wheat
	bread (1.6g) with chips (1.4 g)	bread (3.8g) with an apple
		(4.4g)
Dinner	Wonton soup (0.2g) and stir-	Chili with lean meat and beans
	fry with white rice (0.6g)	(8g) and stir-fry with brown
		rice (3.5g)
Snacks	Pretzels (0.9g)	Popcorn (3.6g)

Fiber - to get you through the hard times

Revised by: Alice Stejskal Reviewed by: Dr. Malcolm Watford-Department of Nutritional Sciences References: *How to add more fiber to your diet* Available at: https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-

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