

## Topic 4: Importance of Fiber

Fiber is found only in carbohydrates, such as vegetables, fruits, starchy veggies, grains and beans. There is not any fiber in animal products like meats, eggs and dairy. Your body cannot digest fiber so as it passes through your body, fiber offers many benefits along its way out of your digestive tract. Unfortunately, diets that are low in carbohydrates, high in protein and high in fat (ketogenic diets) tend to be low in fiber because they eliminate many high fiber carbohydrate options such as fruits, starches and beans. Therefore, you miss out on the many health benefits of fiber.

### Benefits of Fiber

- Soften stools so they are easier to pass; prevents constipation
- Promotes regularity of waste removal; reduces risk for colorectal cancer
- Lowers cholesterol levels; reduces risk for heart disease
- Prevents blood sugars from spiking; reduces risk for diabetes
- Digests more slowly, helping you feel full longer; helps maintain weight

Adults need at least 25 grams of fiber daily. Can you add these foods into your daily diet?

Food	Fiber Grams
1 cup fresh raspberries	8
1 medium pear with skin	5.5
1 medium apple with skin	4.5
1 cup green peas	9
1 cup chopped cooked broccoli	5
1 cup whole wheat pasta	6
1 cup cooked quinoa	5
1 cup cooked brown rice	3.5
1 cup plain bran flakes	7
1/2 cup dry oats	4
1 cup cooked beans/lentils	15
1/2 cup avocado slices	5

### Tips for increasing fiber intake:

- Eat whole fruits and veggies, instead of drinking juices.
- Replace white flours and white rice with 100% whole wheat/whole grains and brown rice instead.
- Choose products with 3 grams of fiber or more per serving.
- Eat a serving of each: fruit, vegetable and beans daily.
- When increasing fiber intake, be sure to increase fluid intake as well.

Topic 4: Importance of Fiber – Patient Form

Part 1: Test Your Knowledge

1. How many grams of fiber do adults need to consume daily?  
a. 3 grams      b. 10 grams      c. 25 grams      d. 50 grams
  
2. Which breakfast option would be a high fiber choice?  
a. Bagel with cream cheese      b. Sausage and cheese kolache  
c. V8 juice and a hardboiled egg      d. Oatmeal with raspberries
  
3. What are the benefits of eating fiber?  
a. Helps maintain a healthy weight by keeping you feel full longer  
b. Keeps blood sugars at stable levels  
c. Decreases cholesterol levels  
d. All of the above

Part 2: Diet Log – Pick 3 days and log your food and drink intake

Meals, Snacks and Drinks	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Drinks			

Part 3: Exercise

Did you exercise this week?    YES    NO

If not, why: \_\_\_\_\_

If yes, what did you do and how often: \_\_\_\_\_

Part 4: Weekly Weigh-in

What is your weight today? \_\_\_\_\_

Today's Date: \_\_\_\_\_

Print Your Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Dietitian Signature: \_\_\_\_\_ (Lin Lin Shao RD LD)