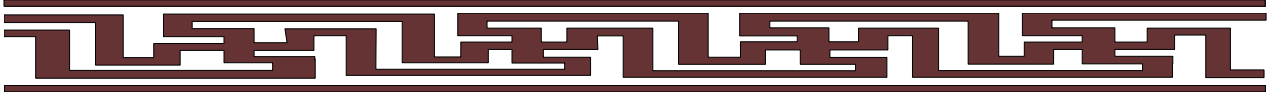


# Dietary Fiber



## Roles Fiber Plays in your Health:

- **Adds bulk to stools for easier passing**
- **Lowers cholesterol**
- **Regulates blood sugar**
- **Takes up room in the stomach helping you feel full**

## Types of Fiber:

1. **Soluble fiber dissolves in water. Gums and pectins are examples of soluble fiber. Food sources include apples, oranges, pears, peaches, grapes, vegetables, seeds, oat bran, dried beans, oatmeal, barley, and rye.**
2. **Insoluble fiber does not dissolve in water. Cellulose, hemicellulose, and lignin are examples of insoluble fiber. Food sources include fruits & vegetables, dried beans, wheat bran, seeds, popcorn, brown rice, whole grain products (breads, cereals, and pasta).**

**Try to increase the amount of both kinds of fiber in your daily intake. Current recommendations suggest adults should consume 25-38 grams everyday. Below are some tips to help choose foods with more fiber:**

- **Choose fresh fruit or vegetables rather than juice.**
- **Eat the skin and membranes of cleaned fruits and vegetables.**
- **Choose bran and whole grain breads/cereals everyday. Make half of your grains whole!**
- **Drink plenty of water.**
- **Eat less processed and more fresh foods.**

## Dietary Recommendations:

- **The average American adult consumes between 10-15 grams of fiber a day. Adults should have between 25-38 grams of fiber a day.**



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)