



Fiber in the Diet: The Highs and Lows

Fiber, also known as roughage, is a carbohydrate found in plants that your body does not digest. Fiber is not a single food or substance, but has wonderful health benefits. People with diabetes, heart disease, diverticulosis, or Crohn's disease, and people looking for weight loss are just a few who could benefit by increase dietary fiber.

| Low Fiber Food | High Fiber Alternative |
|---|--|
| <p><u>Breads</u> French, Italian, light rye, white, brown bread, white English muffins, corn muffins</p> | <p><u>Breads</u> 100% whole grain (look for visible chunks of grain and coarse texture), multigrain, bran, raisin, pumpernickel breads, bran muffins</p> |
| <p><u>Cereals</u> Cream of wheat or rice, farina, maltex Puffed wheat or rice, puffed corn, cornflakes, rice krispies, sugar coated flakes</p> | <p><u>Cereals</u> Oatmeal, Wheat Chex®, Raisin Bran®, Wheaties®, Total®, Wholegrain®, 100% Bran cereal (wheat, corn, oat bran) shredded wheat, whole wheat flakes</p> |
| <p><u>Crackers and Snacks</u> Saltine or oyster crackers, soda crackers Pretzels, potato chips, and graham crackers</p> | <p><u>Crackers and Snacks</u> Triscuits®, 100% whole grain Wheat Thins®, Rye Krisp®, popcorn (air popped, microwave lite, or popped in canola oil), nuts, and roasted soynuts</p> |
| <p><u>Pasta, Rice, and Starches</u> Refined (white) pasta noodles, egg noodles, white rice, mashed or boiled potatoes (without the skin)</p> | <p><u>Pasta, Rice, and Starches</u> Whole wheat noodles, brown rice, barley, dried peas, beans, and lentils, wheat germ, squash, baked potatoes (with the skin), yams, bulgur, and pumpkin</p> |
| <p><u>Vegetables</u> Alfalfa sprouts, radishes, tomatoes, lettuce, mushrooms, beets, onion ** Even though relatively low in fiber, these vegetables should be eaten because they are loaded with vitamins and minerals and are low in calories</p> | <p><u>Vegetables</u> Artichokes, asparagus, carrots, string (green) beans, Brussels sprouts, collard, turnip and beet greens, cooked spinach, okra, green pepper, sauerkraut, soy sprouts, broccoli, cauliflower, and romaine lettuce</p> |
| <p><u>Fruit</u> Fruit juices, grapes, watermelon, pineapple, applesauce</p> | <p><u>Fruit</u> Apple, pear, orange, raspberries, blueberries, honeydew, kiwi, rhubarb, papaya, strawberries, plums, mangos, figs, prunes, raisins</p> |
| <p><u>High Calorie, Low fiber "Extras"</u> Candies (hard, chocolate, marshmallow, gum drops, jelly beans), cakes, cookies, pie</p> | <p><u>Lower Calorie, High Fiber "Extras"</u> Fruited Jell-O, baked apple (with cinnamon and sugar substitute), fig bar, 100% whole grain breads made with whole wheat flour, and baked goods</p> |

Higher Fiber Tips:

- Add crushed bran buds to casseroles, meatloaf, muffins, quick breads, other cereals, etc.
- Substitute whole grain flour for refined white flour in baking (3/4 c. whole wheat flour = 1 c. white flour)

Guidelines

- Evaluate what you are eating now and gradually increase your fiber intake. Aim for 25-30 grams of fiber each day for adults.
- Drink lots of fluid – at least 8-10 cups a day. Examples: water, decaffeinated coffee or tea, lemonade, juice, and milk.
- Exercise consistently to promote bowel regularity and health.