



## Nutrition Facts

# Focus on Fiber



### Ten Great Ways to Increase your Fiber Intake!

- 1. Eat a variety of food.** With a mix of different types of foods, you can get the benefits of both soluble and insoluble fibers in your diet.
- 2. Make smart fiber choices.** Pick high fiber snacks such as popcorn, fresh fruit, raw vegetables and nuts.
- 3. Remember breakfast—a good time for fiber-rich foods.** Enjoy bran cereal, oatmeal, whole-bran muffins, or whole wheat waffles.
- 4. Switch to whole-grains—in breads, cereals, buns, bagels and pasta.** Breads with whole grain include cornbread from whole, ground cornmeal; cracked wheat bread; oatmeal bread; pumpernickel bread; rye bread; and whole-wheat bread.
- 5. Plan to eat legumes two to three times a week.** They are among the best fiber sources and can add new flavors to dishes.
- 6. Eat a variety of fruits and vegetables.** Aim for 2 cups of fruits and 2 ½ cups of vegetables per day. Try having a vegetable as part of your meal for both lunch and dinner!
- 7. Enjoy fruits and vegetables with the edible skin on.** Foods like potatoes, apples and pears can be enjoyed with the skin on.
- 8. Choose whole fruit more often than juice.** Fiber is found mainly in the peel and pulp; usually both are removed when juice is made.
- 9. Add more fiber in your cooking.** Substitute higher-fiber ingredients in recipes, such as using part whole-wheat flour in baked foods. And fortify mixed dishes with high-fiber ingredients, perhaps bran added to meatloaf.
- 10. Check food label for fiber facts.** Look for words such as “high in fiber” or “more fiber” on labels. Spot fiber-rich ingredients on the ingredient list. For example, look for “bran,” or for “whole-grain” or “whole-wheat flour.”

### How much fiber is enough?

To increase the health benefits, adults are recommended to eat 20-35 grams of fiber daily.

#### Types of Fiber

**Insoluble Fiber:** Aids in digestion to promote regularity and help prevent constipation.

**Foods with Insoluble Fiber:** Whole-wheat products, wheat and corn bran, and many vegetables (such as cauliflower, green beans, and potatoes), including the skins of fruits and root vegetables.

**Soluble Fiber:** Contains protective benefits to help lower cholesterol and regulate the body’s use of sugars.

**Foods with Soluble Fiber:** Dried beans and peas, oats, barley, and many fruits and vegetables (such as apples, oranges and carrots).



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