



Nutrition Facts

Importance of FIBER

It is recommended that 25-30 grams of fiber should be consumed every day.

What is Fiber?

There are two types of fiber, soluble and insoluble. Each plays a different role in our body.

Soluble Fiber:

Soluble fiber dissolves in water. It consists of fibers called gums, mucilages and pectin. Pectin binds to fatty substances in the body and aids in its excretion as waste. It therefore, helps decrease blood cholesterol levels. Pectin and gums also help slow the absorption of blood glucose in the body. Examples include: oat bran, oatmeal, peas, beans, apples and citrus fruit.

Insoluble Fiber:

Insoluble fiber does not dissolve in water. It consists of fibers called cellulose, hemicelluloses and lignin. These all provide structure for plant cell walls. They move waste through the digestive tract, adding bulk and softness to stool.

Examples include: whole wheat bread, wheat cereals, rye, barley, carrots and brussel sprouts.

Tips to Increase Fiber!

- ◆ Choose whole wheat bread
- ◆ Choose fiber-rich cereals
- ◆ Snack on fruits and vegetables
- ◆ Eat more beans
- ◆ Choose brown rice
- ◆ Remember to increase your water intake

Apple-Banana Oatmeal



Ingredients:

- 1 cup water
- 1 Tbsp orange juice concentrate
- 1/2 cup chopped unpeeled tart apple
- 1/4 cup sliced firm banana
- 1/4 cup raisins
- 1/4 tsp salt (optional)
- 1/8 teaspoon of ground cinnamon
- 2/3 cup quick cooking oats
- 1/4 cup oat bran

Preparation:

In a saucepan combine, water, orange juice concentrate, apple, banana, raisins, salt and cinnamon: bring to a boil. Stir in oats and oat bran. Cook for 1-2 minutes, stirring occasionally.

Enjoy!

Nutritional Information Per Serving:

Calories 179, Fat 2.5 grams, Saturated Fat 0 grams, Cholesterol 0 grams, Carbohydrates 38 grams, Fiber 5 grams.

Food	Grams of Fiber
100% bran cereal, 1/3 cup	8 grams
Medium pear with skin	4 grams
Lentils, 1/2 cup	4 grams
Medium apple with skin	3 grams
Cooked oatmeal, 3/4 cup	3 grams
Whole wheat bread, 1 slice	2 grams



Ask the Dietitian
County of Los Angeles, Public Health
Nutrition Program

www.lapublichealth.org/nutrition

