A WORD ABOUT FIBER

Quick Facts:

- Dietary fiber is non-digestible material found in the cell walls of plants.
- Fiber has the ability to bind water in the intestinal tract, creating a softer stool and decreasing the intestinal transit time of food residues.
- Fiber is supplied in the diet by unprocessed cereals, fruits and vegetables.
- While it may be beneficial to increase fiber content of the diet, extreme increases in fiber content in the diet, like extreme increases in other nutrients, can produce more harm than good.
- Too much fiber can reduce the absorption of some minerals. Whole-grain cereal products, which are good sources of fiber, are also high sources of phytate. Phytate and fiber have been shown to reduce the absorption of calcium, iron, zinc, and other trace elements. Radically changing the diet to one extremely high in fiber cereals is not recommended.

Fruits High in Fiber

*Apples
Apricots
Bananas
Oranges
Grapefruit
*Peaches
*Pears
*Plums
Prunes
Dried Fruits
Berries
Cherries
Figs
Pineapple

** Eat unpeeled if possible*

Cereals and Breads High in Fiber

Oatmeal
Shredded Wheat
Whole wheat cereal
Puffed wheat
Brown rice
Bran
All-bran cereals
40% bran cereals
Nuts
Sunflower seeds
Whole wheat bread
Pumpernickel bread

Vegetables High in Fiber

Asparagus
*Broccoli
Brussel sprouts
*Carrots
*Cabbage
*Cauliflower
*Celery
Corn
Eggplant
Endive
Mushrooms
Lettuce
Green beans
Lima beans
All other beans
Okra
Onions
Parsnips
Peas, all varieties
*Peppers
Potatoes, white or sweet
Radishes
Rhubarb
Sauerkraut
*Spinach
Squash
*Tomatoes
*Turnips
Watercress
Greens, all varieties

**Eat raw or undercooked*

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