

# Fiber Facts

- Fiber, especially soluble fiber (see below), can improve cholesterol levels, which will reduce your risk of heart disease.
- Fiber is good for your bowels and helps to prevent constipation, diarrhea, hemorrhoids, and diverticulosis.
- A diet rich in fiber may help to prevent colon and breast cancers.
- Adding fiber to your meals can help you to maintain stable blood sugar levels after eating.
- Foods that are high in fiber often have other health-promoting nutrients like healthy fats, vitamins, minerals, and phytochemicals.

## Dietitians recommend 25 - 30 grams of fiber per day

### Tips to help you get more fiber in your diet:

- Choose breads and cereals with “whole wheat” listed as an ingredient.
- Make fruit smoothies using whole frozen fruits.
- Keep fresh fruits and vegetables on hand for snacking.
- Enjoy a salad for lunch or dinner.
- Add beans or seeds to your favorite dishes.
- Prepare red beans and rice or chili with beans for a meal with plenty of leftovers.
- Start your day with a warm bowl of oatmeal and berries.

WARNING: Fiber acts like a sponge and tends to hold water, so you need to increase your water intake as you increase your fiber intake. Add fiber to your diet slowly to prevent upset stomach.

## Sources of Fiber

### Soluble

Oats/oatmeal  
Broccoli  
Soybeans  
Apples  
Carrots  
Prunes  
Peas  
Barley  
Rye  
Bananas  
Sweet potatoes  
Pears  
Legumes  
Berries  
Lentils

### Insoluble

Whole grains  
Green beans  
Fruit with skin  
Potato skins  
Spinach  
Nuts and seeds  
Flaxseeds  
Cauliflower  
Celery  
Avocado  
Zucchini



**Please call (512) 475-8252 for more information.**



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