

# Dietary Fiber

Diets higher in dietary fiber can increase the frequency of bowel movements and can reduce the risk of developing cardiovascular disease.

## What It Is

Dietary fiber is a type of **carbohydrate** made up of many sugar molecules linked together. But unlike other carbohydrates, dietary fiber is bound together in such a way that it cannot be easily digested in the small intestine.

There are **two types** of dietary fiber:

- **Soluble dietary fiber** dissolves in water to form a thick gel-like substance in the stomach. It is broken down by bacteria in the large intestine and provides some calories.
- **Insoluble dietary fiber** does not dissolve in water and may pass through the gastrointestinal tract relatively intact and, therefore, is not a source of calories.

## Where It Is Found

Naturally occurring dietary fiber is found in a variety of foods, including:

- Beans, peas, and lentils
- Fruits
- Nuts
- Seeds
- Vegetables
- Wheat bran
- Whole grains (such as whole oats, brown rice, popcorn, and quinoa) and foods made with whole grain ingredients (such as some breads, cereals, crackers, and pasta).

## What It Does

- **Soluble dietary fiber** can interfere with the absorption of dietary fat and cholesterol. This, in turn, can help lower low-density lipoprotein (LDL or “bad”) cholesterol levels in the blood. Soluble fiber can also slow digestion and the rate at which carbohydrates and other nutrients are absorbed into the bloodstream. This can help control the level of blood glucose (often referred to as blood sugar) by preventing rapid rises in blood glucose following a meal.
- **Insoluble dietary fiber** can speed up the movement of food and waste through the digestive system.
- Both **soluble and insoluble dietary fiber** can make you feel full, which may lower your calorie intake by helping you eat less and yet stay satisfied longer.

Nutrition Facts	
4 servings per container	
<b>Serving size 1 1/2 cup (208g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Dietary fiber is a nutrient to get more of.



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