Reference Guide: Types of Dietary Fiber

Dietary fiber plays an important role in digestion and maintaining the health of your gastrointestinal tract. Review the reference guide below to better understand how to maintain a healthy balance of fiber in your diet.*

<table>
<tr><th>Type of Fiber Content</th><th colspan="2">Examples</th></tr>
<tr><td>Soluble Fiber
Soluble fiber attracts water and turns to gel during digestion. Once in gel form, it slows digestion and softens stool, which helps to prevent diarrhea and constipation. It can also work to lower blood sugar and bad cholesterol.</td><td rowspan="2">Some foods (grains, beans, some vegetables) contain a mix of both soluble and insoluble fiber.</td><td> Split peas
 Artichoke
 Broccoli
 Avocado
 Oatmeal
 Raspberries</td></tr>
<tr><td>Insoluble Fiber
Insoluble fiber adds bulk to the stool and appears to help food pass more quickly through the stomach and intestines. People who suffer from constipation or irregular bowel movements may want to increase their intake of insoluble fiber.</td><td> Kernel Corn
 Cabbage
 Wheat Bran
 Onion
 Popcorn
 Apple Skin</td></tr>
<tr><td>Low or No Fiber
People who have recently had bowel surgery or other medical treatments that damage the digestive tract may be prescribed a low or no fiber diet. Restricting the amount of fiber consumed will provide relief by reducing the amount of undigested food moving through the bowels.</td><td>Meats contain very low or no fiber.</td><td> Chicken
 Milk
 Eggs
 White pasta
 White rice
 Cheese</td></tr>
</table>

** The ability to digest food varies from person to person. Depending on your condition and tolerance, your doctor may recommend a diet that is more or less restricted.* ("The Do's and Don'ts of a Low-Fiber Diet." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 25 July 2017, www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/low-fiber-diet/art-20048511?pg=1)

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