Fiber Fact Sheet

One of the great benefits of eating whole plant foods is that, as part of their incredible symphony of nutrients, they are rich in fiber. Fiber binds excess hormones in the gut, reducing risk of hormonal cancers. Fiber can also reduce serum cholesterol levels; lower blood sugar; and help prevent gastrointestinal cancers, diseases, and disorders. Use this fact sheet to remind you of some helpful facts about fiber.

How much fiber do we need?

Adequate Intake (AI) recommendations for total daily fiber intake as stated by the Institute of Medicine of the NIH is:

	Age (years)	Dietary Fiber DRI (grams per day)
Children	1-3	19
	4-8	25
Female	9-13	26
	14-18	26
	19-50	25
	50+	21
Male	9-13	31
	14-18	38
	19-50	38
	50+	30

What are the types of fiber?

Many foods consist of both insoluble fiber and soluble fiber, which is why it is so important to consume a wide variety of whole plant foods daily. Dahlia Marin, RD, recommends aiming to consume 30 plants (or whole plant foods) a week.



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Types of Fiber

Insoluble fiber adds bulk to the stool and helps food pass more quickly through the stomach and intestines, acting like a broom. Foods rich in insoluble fiber include:

- Apples
- Kale
- Celery
- Cocoa
- Wheat
- Figs

Soluble fiber attracts water and turns to gel during digestion, acting like a mop. This slows digestion. Foods rich in soluble fiber:

- Potatoes
- Oats
- Beans and peas
- Seaweed
- Mushrooms
- Raspberries
- Blackberries
- Pears
- Strawberries
- Artichokes
- Flax and chia seeds

Prebiotic fiber is a class of fiber that acts to beneficially alter the microbes in the gut. Foods rich in prebiotic fiber include:

- Leeks
- Asparagus
- Artichokes
- Garlic
- Onions
- Wheat
- Oats
- Soybeans

Resistant starch is a type of prebiotic fiber that selectively stimulates healthy bacteria. Foods rich in resistant starch:

- Corn
- Unripened bananas
- Plantains
- Beans
- Rice
- Cooked and cooled potatoes



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