

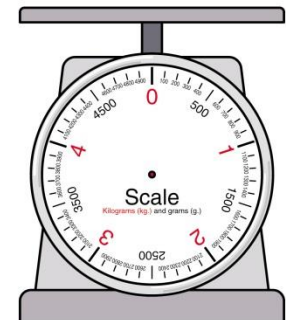


# Focus on Fiber

Losing weight, eating well, and  
improving your health by  
increasing your dietary fiber.

# How much fiber?

- *The average adult gets 15 grams a day*
- **Women need 25 grams per day**
- **Men need 38 grams per day**
- *Rule of thumb for kids = their age + 5 grams of fiber*





# Which foods have the most?



|                              |        |          |
|------------------------------|--------|----------|
| <b>Lentils</b>               | 15.6 g | 1 cup    |
| <b>Black Beans</b>           | 15.0 g | 1 cup    |
| <b>Peas</b>                  | 8.8 g  | 1 cup    |
| <b>Raspberries</b>           | 8.0 g  | 1 cup    |
| <b>Whole Wheat Spaghetti</b> | 6.3 g  | 1 cup    |
| <b>Peanuts</b>               | 6.0 g  | 1/2 cup  |
| <b>Pear</b>                  | 5.5 g  | 1 medium |
| <b>Bran Flakes</b>           | 5.3 g  | 3/4 cup  |

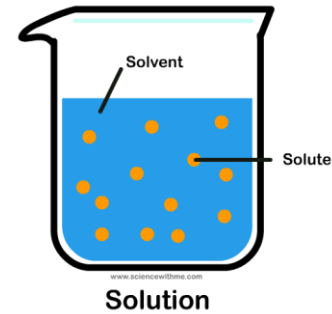


# Ten things that may happen:

1. Lose weight.
2. Maintain a healthier weight over time.
3. Cut your Type 2 Diabetes risk.
4. Lower your odds of heart disease.
5. Reduce your risk of certain cancers.
6. Have healthier bones.
7. Live longer.
8. Get an all natural detox.
9. Have healthier gut bacteria.
10. Be more regular.



# Types of fiber



## Soluble

- Feel full longer.
- Supports healthy blood glucose levels.
- Lowers risk of heart disease.
- Fuels your body throughout the day.

## Insoluble

- Less bloating and constipation.
- Improved weight loss.
- Healthier digestive system.
- Reduces risk of colon cancer.

## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

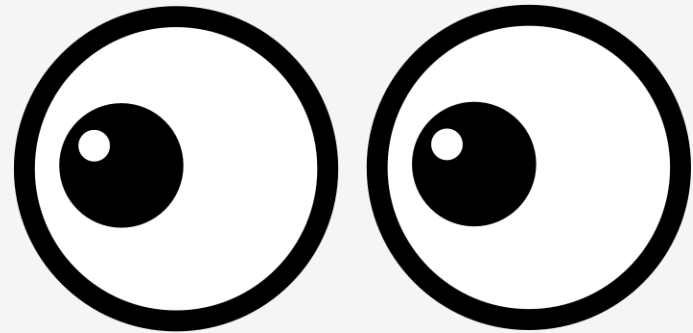
Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 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.



When looking at  
packaged foods

5% is low

20% is high

# Find It By Eating Real food

- Science doesn't quite replicate Mother Nature yet.
- Talk with your doctor about supplements.



"Care for some freshly-ground fiber on your cheese fries?"



# How can I get more?

- Breakfast 1 cup oatmeal and 1 cup blackberries: **12 g**
  - Lunch Sandwich on 100% whole-wheat bread with sliced chicken breast\*, lettuce, tomato and 1/4 avocado: **8 g**
  - Snack 2 dried figs: **2 g**
  - Dinner 1/2 cup cooked quinoa, piece of grilled fish\* and 1/2 cup cooked chard: **5 g**
  - DAILY TOTAL: **27** grams fiber
- Breakfast 1 cup bran flakes and 1/2 cup raspberries: **11 g**
  - Lunch 1 cup black bean soup, and 1 whole-wheat tortilla, heated: **11 g**
  - Snack 1/4 cup peanuts: **3 g**
  - Dinner 1 medium baked potato (with skin), piece of grilled chicken\* and 2 cups of roasted broccoli: **14 g**
  - DAILY TOTAL: **39** grams fiber



# Swap meet

- Raspberries > Raisins
- Whole wheat pasta > White pasta
- Chia seeds > Granola
- Beans > Chicken
- Quinoa > Brown Rice > White Rice





"Do you promise to love, honor, cherish,  
get plenty of fiber in your diet, walk for  
30 to 60 minutes every day, limit your  
intake of sugar, fat and alcohol...."



## H<sub>2</sub>O and you

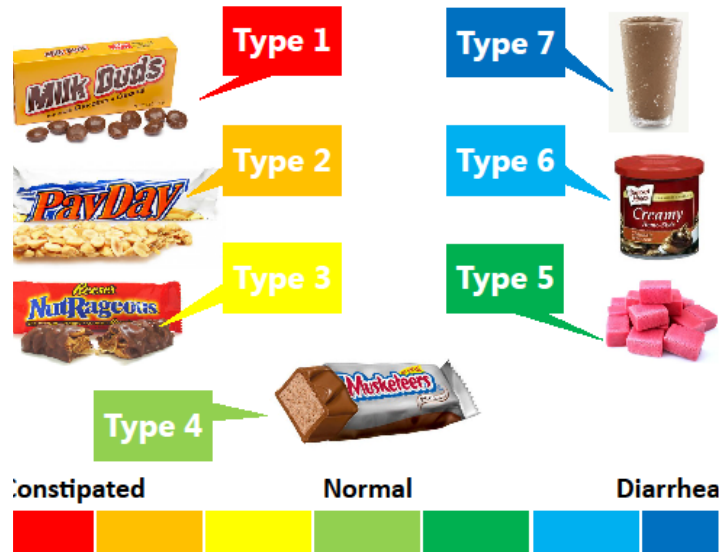
Swap anything else you are drinking for water.

Fiber needs water to help things move along...

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## IS YOUR POOP NORMAL?

Use the Bristol Stool Chart



**Type 1:** Separate hard lumps, like nuts (hard to pass)

**Type 2:** Sausage shaped but lumpy

**Type 3:** Like sausage but with deep cracks on the surface

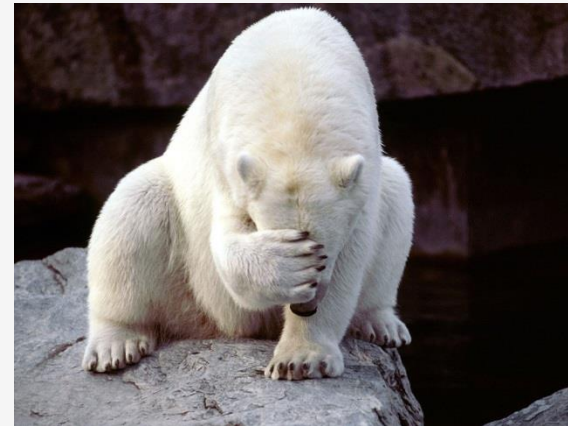
**Type 4:** Like a sausage or snake, smooth and soft

**Type 5:** Soft blobs with clear cut edges (passed easily)

**Type 6:** Fluffy pieces with ragged edges, a mushy stool

**Type 7:** Watery, no solid pieces

Everybody does it,  
but no one wants to  
talk about it...



~What goes in, must come out.

~Pay attention to know your norm.

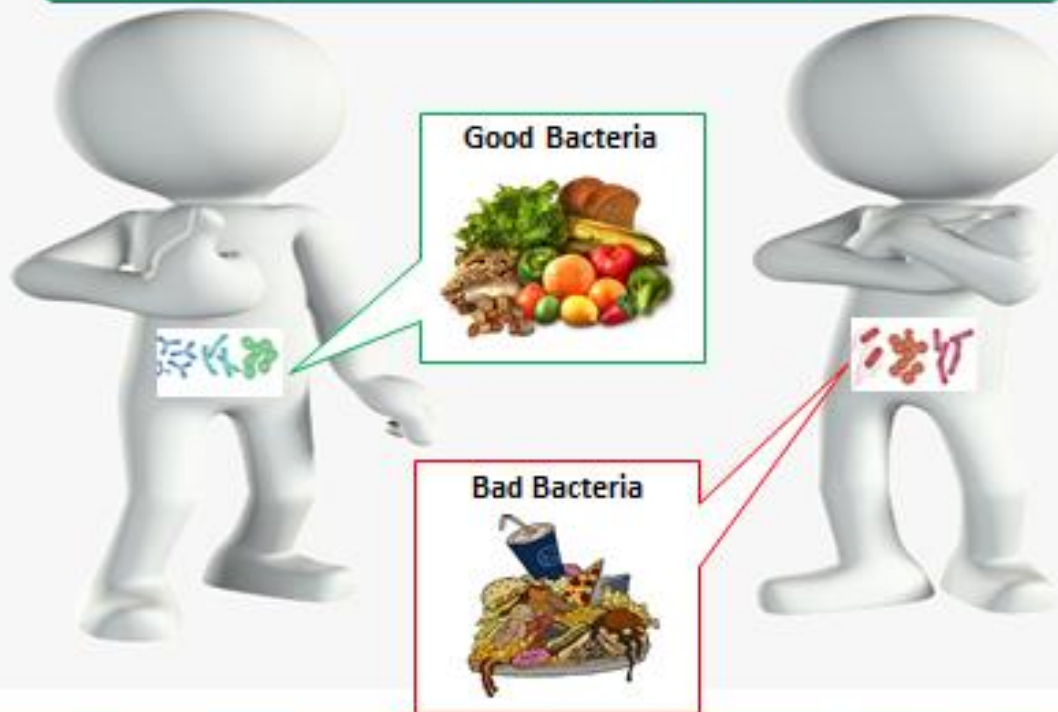
~Talk to your doctor.

~Stay up-to-date on recommended  
screenings.

# Wellness & Preventative Care

- Check with your doctor about what age to start screenings.
- Colorectal cancer screening, including
  - one fecal occult blood test; and
  - one flexible sigmoidoscopy, or colonoscopy or double contrast barium enema

## The Bacteria Inside Our Digestive System



The average human intestine contains about 5 pounds of bacteria. They help you break down food to use the nutrients while keeping harmful bacteria in check. Eating low fiber foods upsets the balance and causes inflammation which can lead to constipation and indigestion. Eating vegetables and whole grains keeps the good bacteria happy and your gut healthy.

# Up for a challenge?

- Visit our website for challenges specific to focusing on fiber.







# Still hungry for more?



- [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)
- Search “CommonHealthVA” on YouTube and Facebook

