



A Nutrition Resource



# FIBER

## What is fiber & why do we need it?

Fiber is the part of plant foods that is not digested. Eating plenty of fiber-rich foods can:

- Help lower your cholesterol.
- Help control your blood sugar response.
- Keep your digestive system running smoothly and prevent constipation.
- Help you feel full after eating.

## How much fiber?

More than 90% of women and 97% of men do not meet recommended intakes of dietary fiber. Health experts recommend that adults eat **at least 22 - 34 grams of fiber daily**. A balance of soluble and insoluble fibers is recommended. Eating according to MyPlate can help you meet your dietary fiber goal.

## Tips to remember:

- Drink plenty of fluids to keep fiber moving through your body.
- Increase your fiber intake slowly over several weeks. This will prevent excess gas or bloating.
- Start your morning with fiber by having a bowl of whole grain cereal like shredded wheat, bran flakes, or oatmeal.
- Check the nutrition facts label. Five grams or more of fiber per serving is considered high. Look for whole grain bread with at least 2 to 3 grams of fiber per slice.

## Eating plenty of both types of fiber

### SOLUBLE FIBER

This type forms a gel when mixed with liquid and acts as a scrub brush in the digestive system.

- Eat fruits and vegetables (apples, pears, eggplant, etc.) with edible skin left on.
- Plan meals with legumes (dried beans, peas, and lentils) several times a week.
- Eat oatmeal often - as a cereal or in breads, muffins, and desserts.
- Try recipes with barley. Check out our **Vegetable Barley Soup** recipe at <https://buyeatlivebetter.org/recipes.html>
- Eat fruit and vegetables with seeds, like strawberries and zucchini.

### INSOLUBLE FIBER

This type passes through your digestive tract largely intact and may help with lowering cholesterol and stabilizing blood sugar.

- Choose brown rice instead of white rice and whole grain bread instead of white bread.
- Snack on popcorn, dried fruits, raw vegetables, and nuts.
- Eat plenty of vegetables, such as green beans, broccoli, cauliflower, and potatoes.



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**MONTANA**  
STATE UNIVERSITY

EXTENSION

## Tangy Black Bean & Rice Salad

**Yield: 3 Servings | Serving Size: 1 Cup**

- ½ cup chopped onion (about ½ medium)
- ½ cup chopped red or green bell pepper (about ½ medium)
- 1 cup cooked and cooled brown rice
- 2 cups cooked black beans (or canned, drained and rinsed)
- 1 avocado, cut into chunks (optional)
- 1 Tablespoon chopped cilantro (optional)
- ¼ cup rice vinegar or white wine vinegar or lemon juice
- ½ teaspoon dry mustard powder (optional)
- 1 clove garlic, chopped or ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 Tablespoon vegetable oil
- ½ teaspoon chili pepper flakes (optional)

- 1) In a mixing bowl stir together the chopped onion, chopped red or green pepper, rice, beans, avocado, and cilantro.
- 2) In a jar that has a secure lid add the vinegar, dry mustard, garlic, salt, pepper, vegetable oil, and chili pepper flakes. Shake until the dressing is evenly mixed.
- 3) Pour the dressing over the bean mixture and stir to mix evenly. Chill for at least one hour.

## Southwestern Lunch Wraps

**Yield: 8 Servings | Serving Size: 1 Wrap**

- 1 cup cooked pinto beans (or canned, drained and rinsed)
- 2 cups cooked black beans (or canned, drained and rinsed)
- ⅔ cup frozen corn (or canned, drained)
- 1 cup low-sodium, canned diced tomatoes (drained)
- Optional spices: chili powder, minced garlic, paprika, salt, and pepper
- 8 (8 inch) whole wheat tortillas
- 1 cup shredded cheddar or pepper jack cheese
- 1½ cups salsa

- 1) Preheat oven to 350°F. Place beans, corn, tomatoes, and spices (if using) in large bowl and toss to mix. Add in cheese. Mix well.
- 2) Spoon the mixture evenly between the tortillas and roll up.
- 3) Bake for 10 minutes or until cheese is melted. Top with salsa.

**Tips:** Make these wraps ahead of time and freeze until ready to use. Look for salsa that is low in sodium.

*Adapted from USDA Mixing Bowl*

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>1 cup (258g)</b>
Amount per serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 12g	43%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 3mg	15%
Potassium 556mg	10%
<small>*The % Daily Value 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.</small>	

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 wrap (199g)</b>
Amount per serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 2mg	10%
Potassium 316mg	6%
<small>*The % Daily Value 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.</small>	

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