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Fiber: The Whole Story

The only carbohydrate that will not raise blood glucose.

The University of Georgia Cooperative Extension

Contact your local office at



- **Fiber gives plant foods texture, structure and crunch.**
- **It is found in vegetables, fruits, nuts, beans and whole grains.**
- **Foods naturally high in fiber tend to be high in other healthy nutrients .**
- **Get your fiber from food not fiber supplements if possible.**
- **Increase fiber gradually and drink plenty of fluids to control gas and bloating.**



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Fiber Benefits

Prevents constipation

Fills us up so we eat less

May reduce cholesterol

May help with blood glucose control

Reduces risk for cancer of stomach, colon and rectum

How Much Do We Need?

14 grams per 1000 calories

Average woman needs 25 grams

Average man needs 38 grams

Children 19-26 grams depending on caloric intake



How to Get Enough?

- **Eat whole wheat bread, brown rice, whole wheat pasta, corn and whole wheat tortillas and other whole grains daily.**
- **Choose cereals with at least 5 grams of fiber per serving.**
- **Eat 1-2 cups of fruit and 2-3 cups of vegetables daily. Snack on fruit, have a salad once a day, enjoy raw and cooked vegetables.**
- **Eat beans and peas and small amounts of nuts 3-5 times a week.**

Some highly processed foods may have isolated fibers added to them to make them look more nutritious.

Use foods naturally containing fiber instead.

Publication # FDNS-E-69

Date Revised by Connie CrawleyMS, RD, LD September 2011

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