



Nutrition Education



Did You Know?

When increasing fiber intake, it is important to do so gradually. Eating too much fiber too quickly can cause gas or an upset stomach.

Be sure to hydrate and drink plenty of water when increasing fiber to prevent digestive discomfort.



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Eatingright.org &
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Fiber

Fiber is an essential nutrient that you can only get through the foods you eat. Fiber is a type of carbohydrate that is mostly found in plant based foods. You may see fiber listed on food labels as “soluble fiber” or “insoluble fiber” and both offer numerous health benefits.



Insoluble Fiber Benefits

- Good for colon health
- Eases & prevents constipation

Soluble Fiber Benefits

- Stay full longer
- Lowers blood cholesterol
- Improves blood sugars

What foods are good sources of fiber?

Fruits, vegetables, cooked beans and peas, seeds and nuts, whole grain breads, cereals, crackers, and brown rice.

How much fiber is recommended?

Older adult women should aim for 21 grams/day
Older adult men should aim for 30 grams/day

How much fiber is in common foods?

- 1 medium pear = 5 grams
- 1 cup blackberries = 8 grams
- ½ avocado = 5 grams
- ½ cup beans = 7 grams
- 1 cup green peas = 9 grams



Be sure to read food labels to identify high fiber products and to help you make an informed choice.