

Heart-Healthy Eating: Fiber Tips

Client Name _____ Date _____

Dietitian / Dietetic Technician _____

Phone _____ Email _____

Fiber's Benefits

There are two types of fiber in food: soluble and insoluble. Soluble fiber is especially helpful in lowering LDL ("bad") cholesterol.

Try to eat 10 to 25 grams of soluble fiber per day. Work toward this goal gradually, and be sure to drink enough fluids. This will help you avoid problems with gas.

Ways to Add Fiber to Your Eating Plan

- Add fiber to foods you already eat:
 - Sprinkle oat bran or rice bran on cereal.
 - Add almonds to salad.
 - Include dried beans in soup.
 - Mix ground flaxseed into muffins.
- Eat whole fruit rather than drinking juice.
- Select vegetables with lots of soluble fiber, such as brussels sprouts, acorn squash, lima beans, broccoli, okra, and eggplant.
- Look for whole grain products, especially those with oats and barley.
- Add vegetables to sandwiches, or eat a peanut butter sandwich on whole-grain bread.
- Have bean dip or hummus for snacks.

Fiber-Rich Foods

The chart shows how much soluble fiber is in one serving of some foods.

Food	Soluble Fiber
½ cup kidney beans	2.8 grams
½ cup oatmeal, regular, before cooking	2.0 grams
1 medium orange	1.8 grams
¼ cup oat bran	1.7 grams
1 packet instant oatmeal	1.4 grams
½ cup cooked broccoli	1.4 grams
2 tablespoons flaxseed meal	1.1 grams
1 medium apple	1.0 gram
1 small baked potato with skin	0.9 grams
1 medium banana	0.7 grams
1 cup raisin bran	0.7 grams



This handout may be duplicated for client education.