

# FIBER FOR HEALTH

Non starchy vegetables only have about 35 calories per cup and have lots of fiber. So in reality these vegetables are UNLIMITED foods—you can eat as much of these as you want. For optimal health we suggest you cover 1/2 your plate in non-starchy veggies—these should form the bulk of your diet.

Not all veggies are as good as others when it comes to the amount of fiber they provide. The chart on the next page is a list of the many fiber foods that you can choose from. The first 14 on the list are the ones that will best help you get to your goal of 35-50 g. of fiber daily.

For more information on fiber foods and how to incorporate them into your day contact your personal health coach, visit [TrinityHealthCoaching.com](http://TrinityHealthCoaching.com), or text Vicki at 915-861-6758.



# HIGH FIBER FOODS

For optimal health and weight loss we should be consuming **35-50 grams of fiber a day**. People who consume more dietary fiber tend to be less overweight, according to several well-controlled studies. Consuming **both soluble and insoluble fiber is important** because different types of fiber provide specific benefits. Fiber is also linked to prevent colon and breast cancer.

## Benefits of Insoluble Fiber

- Remove toxic waste through colon in less time.
- Prevent constipation, hemorrhoids and diverticulosis.
- Help prevent colon cancer and breast cancer.

## Benefits of Soluble Fiber

- Lower LDL cholesterol for heart health
- Helps promote weight loss
- Regulate blood sugar for people with insulin resistance or diabetes.

Fiber One cereal	1/2 cup	14
USANA Fibergy *	1 Tablespoon	12
Lentils (cooked)	3/4 cup	12
Black or Pinto Beans	3/4 cup	12
Edamame	1 cup	11
Avocado (mashed)	2/3 cup	10
<b>USANA Shake *</b>	<b>12 oz</b>	<b>8</b>
<b>Blackberries &amp; Raspberries</b>	<b>1 cup</b>	<b>8</b>
<b>Split Peas</b>	<b>1/2 cup cooked</b>	<b>8</b>
<b>Pumpkin</b>	<b>1 cup cooked</b>	<b>7</b>
<b>Garbanzo Beans</b>	<b>Canned 1/2 Cup</b>	<b>6</b>
<b>Acorn squash</b>	<b>3/4 cup cooked</b>	<b>6</b>
<b>Bulgur wheat</b>	<b>1 cup</b>	<b>6</b>
<b>Lentil Soup</b>	<b>1 Cup</b>	<b>5.5</b>
Peas (all kinds)	Cooked 1/2 Cup	5
Baked Beans	Canned 1/2 Cup	5
Pear	Fresh, 1 Medium	5
Popcorn	3 cups	4
<b>Steel Cut Oatmeal</b>	<b>1/2 cup uncooked</b>	<b>4</b>
Kiwi	2 small	4
Stewed Prunes	1/2 cup	4
Pearled Barley	2/3 cup	4
Spinach, cooked	1/2 cup	4
Brussels Sprouts	3/4 cup	4
Naval Orange	1 medium	3.5
Blueberries	1 Cup	3.5
Strawberries	1 Cup	3.5
Casaba melon	1/4 melon	3.5
Apple, fresh	1 medium	3.5

Super fiber foods

High fiber foods

Barley, cooked	1/2 cup	3
Broccoli	1/2 cup	3
Whole wheat pasta	1/2 cup <u>Al dente</u>	3
Apricots, dried	5 halves	3
Snap/snow peas	1 cup	3
Cantaloupe	1/4 melon	3
Honeydew	1/4 melon	2.5
Quinoa	1/2 cup	2.5
Eggplant	1 cup	2
Green Beans	1/2 cup	2
Zucchini	3/4 cup	2
Crookneck or Straightneck squash	3/4c	2
Spaghetti squash	1 cup	2
Peach	1 medium	2
Lettuce, Romaine	TWO Cups!	2
Carrots	1 cup	2
Corn	1/2 cup	2
Okra	1/2 cup	2
Green pepper	1/2 pepper	1
Celery	1 large stalk	1

Average fiber

Good fiber foods

# 6 Benefits of a 35-50 gram daily fiber diet

## 1 — Aids in Weight Loss

Fiber is thought to assist in weight loss through several different mechanisms:

- Fiber provides bulk in the diet, which increases satiety (the feeling of fullness)
- Processing of some fibers delays the emptying of the stomach, furthering extending the time that a person feels full
- Fiber regulates the body's absorption of glucose, potentially reducing the body's insulin response and therefore development of insulin resistance which causes weight gain.

## 2 — Lowers Cholesterol

There are several studies that show that when you consume higher and higher amounts of fiber, especially soluble fiber, your cholesterol levels decrease along with your triglyceride levels.

This is the result of more efficient handling of bile acids, which actually help eliminate cholesterol from the body. When you consume adequate amounts of soluble fiber, this cholesterol is eliminated from the body rather than being reabsorbed.

## 3 — Constipation

Constipation is often the result of too little fiber in our diet. Patients who slowly build up to consuming 50 grams of fiber, along with drinking plenty of water can often reverse the problem.

Constipation is quite damaging to the body. As the undigested portion of our proteins, carbohydrates, and fats that are resistant to absorption by the body pass through the bowel they begin a process of putrefaction or decomposition. Many of the foods also contain toxins, which need to be quickly passed out of the body. The longer the transit time for our food to pass through the GI tract the longer time it has to decompose and the longer the time our bodies are exposed to the toxins they contain.

## 4 — Insulin resistance

Fiber content is also a key consideration that determines the glycemic load of your foods. When you begin to consume more fiber the result will be eating meals that have a lower glycemic load. This helps improve insulin sensitivity, blood sugar, and can lower triglyceride levels, which in turn will help you decrease your risk of developing diabetes.

## 5 — Cancer

One of the main reasons to increase fiber intake is because there is strong evidence in the medical literature that it decreases our risk of several different kinds of cancer including breast cancer, ovarian cancer, and uterine cancer.

Some studies also show it decreases risk of colon cancer. If you consider that fiber speeds up the transit time of waste products through the colon, you can see that it would more quickly eliminate the toxins contained in our foods and the decomposition that occurs as the indigestible portion of the food passes through the GI tract.

## 6 — Diverticular Disease

Nearly 70% of the adult population over 50 years of age has what is known as diverticular disease. This is characterized by pouches primarily in the lower colon that form blebs. It is much like a bleb that forms in the weakened area of an inner tube of a tire. This is the result of the colon trying to eliminate a smaller, more compact stool, which requires increased muscle contractions of the muscles of the colon wall and increased pressure within the colon.

Over time, weakened areas of the colon will literally protrude and form these blebs called diverticulum. These diverticula can become blocked by stool particles like poorly chewed nuts and corn and become infected. When this happens, it is called diverticulitis.

## SUPPLEMENTAL FIBER SOURCES

### Psyllium

Psyllium, a **soluble fiber**, helps maintain healthy cholesterol levels and is a bulking agent that sweeps the GI tract and promotes regularity.

### Inulin

Inulin is a **prebiotic** that promotes healthy stimulation of bifidobacteria in the digestive tract. It is a special type of **non-digestible fiber** that serves as fertilizer for healthy bacteria in the digestive system. Prebiotics are non-digestible food ingredients that stimulate the growth and/or activity of bacteria in the digestive system, which is beneficial to the health of the body.

### Flaxseed meal

According to Pubmed.gov flaxseed, which is **both soluble and insoluble** fiber, significantly suppresses appetite. Making this ingredient an excellent fiber component that has the added benefit of potential weight loss as well. Many health conditions, including constipation, irritable bowel syndrome and atherosclerosis, are sometimes treated with flaxseeds.

### Rice Bran

Rice bran shows promise for treating hypertension, as shown by a study with rats published in the March 8, 2006 issue of the "Journal of Agricultural and Food Chemistry" and cited by "Science Daily."

### Arabic Gum

**Gum arabic**, also known as **acacia gum** plays an important dietary role. It is an excellent source of **soluble dietary fiber** (more than 85% on dry basis) and because of its low viscosity, can be used to boost fiber levels in a food or beverage without drastically altering the finished viscosity.

Gum Arabic is a natural gum made of tree sap from the acacia tree. The gum is harvested commercially from wild trees throughout the Sahel from Senegal and Sudan to Somalia. While acacia gum is now produced throughout the African Sahel, it is also still harvested and used in the Middle East.

### Why *Fibergy Plus*®?



The multiple sources of dietary fiber in Fibergy Plus not only promote good digestive health, they aid in normal bowel regularity as well, which helps move wastes and toxins out of the colon quickly and efficiently.

Diets high in soluble and insoluble fiber are important for digestive health. *Fibergy Plus*® makes it simple to add the benefits of fiber to your daily diet.

Consuming multiple sources of dietary fiber is important because different types of fiber provide specific benefits and serve unique purposes within the body. **Just 1** rounded Tbs of *Fibergy* provides a perfect 12 gram blend of both soluble and insoluble fiber. This unique formula contains **psyllium, inulin, citrus pectin, Arabic gum, MCT's and flaxseed**. All for as low as 9 cents per fiber gram!

*Fibergy Plus*® can be used in cooking without negatively effecting the recipe. Adding Fibergy to your recipes is a great way to help the entire household have a healthy daily fiber intake without them even knowing! Many Trinity recipes even call for Fibergy as an active ingredient. Ask your health coach for a bag or call Vicki at Trinity Health Coaching. 915-861-6758.