



Fiber-How

Dietary Fiber is the indigestible parts of plants and **Functional Fiber** is fiber that is added to processed foods in the form of non-digestible carbohydrates.

A diet high in fiber has many health benefits, including decreased cholesterol levels, insulin and blood sugar stability, and assistance with weight management. While it's recommended that young women eat 25 grams of fiber a day and young men aim for 38 grams per day, above 70 grams leads to negative effects. Just because some is good, does not always mean that more is better!

Signs You're Consuming Too Much Fiber:

- Gastrointestinal distress, which may include bloating, gas, constipation, cramping and/or diarrhea.
- Decrease in appetite or early satiety.
- Inability to consume enough energy due to high volume meals resulting in weight loss or lack of weight/muscle gain.

Negative Effects of Fiber:

- Fiber can bind minerals such as calcium, magnesium, iron and zinc, which limits absorption of these micronutrients.
- Intestinal blockage is rare but serious and occurs when individuals eat too much fiber and do not consume enough fluid.

Where is Fiber Found?

- Fruit and vegetables
- Whole grains such as brown rice, quinoa, whole wheat bread, cereal.
- Beans and legumes.
- Nuts and seeds, including chia and flax seeds.
- As an added ingredient (look for inulin, chicory root, maltodextrin, polydextrose, soy hulls, oat fiber, sorghum fiber, beet fiber, corn fiber, soy fiber or guar gum) in protein or granola bars or other foods labeled as "High Fiber".

Feeling Too Full?

If you're experiencing bloating or any other side effect from too much fiber in your diet, here's how to reduce the discomfort:

- Remove added fiber products from your diet. The fiber found in products like high fiber cereal bars is more upsetting to your GI system than naturally occurring dietary fiber.
- Take a look at your meals. If each of the options are high in fiber, how about choosing a lower fiber option for either a grain or protein?
- Choose cooked instead of raw vegetables.
- Skip foods that increase bloating, such as sugar free gum, cough drops and candy.

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How Could I Possibly Eat More than 50 Grams a Day?

Breakfast

1 cup oatmeal	8 g
2 T almonds.....	1 g
2 T raisins	1 g
1.5 T chia seeds	3 g

Lunch

Turkey Sandwich—	
2 slices whole grain bread	8 g
1 slice of tomato, 2 leaves of romaine	1 g
1 cup baby carrots	3 g
1 apple	3 g

Snack

High Fiber Cereal Bar	9 g
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Dinner

1 cup of lentils	16 g
1 cup of quinoa	6 g
1 cup of cooked kale	3 g

Snack

2 cups of popcorn	2 g
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Total: **70 g**



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