



EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

The Facts on Fiber

How can something humans cannot digest be an essential part of a healthy diet? The fabulous functions of fiber include relieving constipation, lowering cholesterol, and controlling blood sugar levels. It is important to eat a variety of fibrous foods to get both soluble and insoluble fiber in your diet, both of which have health benefits.

	Sources	Benefits
Insoluble Fiber	Wheat bran, whole grains, potatoes, and vegetables such as broccoli.	<i>"Enjoy the go!"</i> Insoluble fiber adds bulk to your stool and keeps things running smoothly. Make sure to drink plenty of water throughout the day to help insoluble fiber function at its best.
Soluble Fiber	Oats, barley, nuts, seeds, beans, lentils, and fruits.	Soluble fiber keeps your gut healthy by feeding your gut microbiota, which in turn aids in digestion. It has also been found to lower blood cholesterol levels.

The daily recommendation for fiber is **25 grams** for women and **38 grams** for men, but many of us are only getting half of that amount. Try some of the easy swaps below to increase your daily fiber intake:



	If You Like This...	...Try This Instead
Breakfast	A bowl of Cheerios (1.7g)	A bowl of oatmeal (4g) or a high-fiber cereal like Raisin Bran (7g)
Lunch	A turkey sandwich on white bread (1.6g) with chips (1.4 g)	A turkey sandwich on wheat bread (3.8g) with an apple (4.4g)
Dinner	Wonton soup (0.2g) and stir-fry with white rice (0.6g)	Chili with lean meat and beans (8g) and stir-fry with brown rice (3.5g)
Snacks	Pretzels (0.9g)	Popcorn (3.6g)

Fiber - to get you through the hard times

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References: *How to add more fiber to your diet* Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983> Accessed on: 12/09/20. *Cholesterol: Top foods to improve your numbers* Available at:

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/cholesterol/art-20045192> Accessed on: 12/09/20. *Soluble vs. Insoluble Fiber* Available at: <https://medlineplus.gov/ency/article/002136.htm> Accessed on: 12/09/2020.

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