



Community Health Connections

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Fact Sheet

High Fiber Diet

Fiber is a virtually indigestible substance that is found mainly in the outer layers of plants. Fiber is a special type of carbohydrate that passes through the human digestive system virtually unchanged, without being broken down into nutrients. Carbohydrates constitute the main source of energy for all body functions.

Recommended daily fiber for women is at least 21 to 25 grams of fiber a day, while men should aim for 30 to 38 grams a day. Adding fiber in your daily diet can be beneficial to managing constipation but also can help aid in heart health, diabetes, and preventing some cancers.

A high-fiber diet has many benefits, which include:

- Normalizes bowel movements
- Helps maintain bowel integrity and health
- Lowers blood cholesterol levels
- Helps control blood sugar levels
- Aids in weight loss

Foods containing High fiber

- Lentils, black beans, split peas, lima beans, baked beans (vegetarian), kidney beans
- Raspberries, black berries, figs, raisins, almonds, bananas
- Broccoli, carrots, baked potato (skin left on), artichoke, brussel sprouts, corn
- Oatmeal, oat bran muffin, Bran flakes
- Bread (whole wheat, multi grain or rye), brown rice

Facts about Fiber

- Fiber helps keep stool soft and keeps content moving
- Americans only consume 10% of the fiber that they did 100 years ago.
- A good diet should include approximately 25 to 30 grams of fiber a day
- Bran has the highest fiber content 25%- 45%

For more information, visit www.fiberchoice.com or contact us at 724-283-0990 or at www.hcqu.org.