

FIBER

Fiber is known for assisting in weight loss, filling quality, zero calorie content, laxative effect, helping with lowering cholesterol, regulating blood sugar, increase the excretion of fat, which protects against heart disease. Fiber may also serve a role in preventing hemorrhoids, diverticulosis, constipation, and other intestinal problems like colon cancer. Daily fiber intake should be between 25-40 grams per day.

SKIDMORE
C O L L E G E

*For More Information please
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Phone: 518-580-5550

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FIBER

Nutritional Information

Skidmore College

WHERE TO GET FIBER



<http://www.sheerbalance.com/wp-content/uploads/2009/07/fibrous.jpg>

Fiber can be found in an array of different food items such as breads and cereals. Fiber can also be found in fruits such as apples, bananas, oranges, and cantaloupe. Fibrous vegetables include chick peas, corn, potatoes, celery, rice, carrots, lettuce, and broccoli.

WHAT TO DO

It is important to eat a wide variety of fibrous foods. Fiber can cause constipation if you are not hydrated, so drink lots of liquids. Raw, fresh fruits and vegetables have more useful fiber. Always include fresh fruits and raw vegetables in your daily diet. Remove some animal fats and processed sugars from your diet and substitute them with complex carbohydrates such as whole grains, beans, fruits, and vegetables.

WHAT NOT TO DO

Do not take fiber pills; they don't provide benefits that fibrous foods will provide you. If your diet consists of mostly fats and sweets, adding fiber will not make it healthy. You should exchange the fat in your diet for fiber, but don't switch too fast. Your digestive system will need time to adjust. Remember not to focus on just one fiber. Different kinds of fiber are responsible for different things. Whole grains help with slowing digestion, but pectins and gums can help handle fats, cholesterol, and carbohydrates.

WHAT IS FIBER?

Fiber is a carbohydrate that is indigestible. Fiber has zero calorie content because it is the component of food that can't be broken down by enzymes in the human digestive tract. Fiber can be either soluble or insoluble. Soluble fiber absorbs water in the intestines. The substance it forms makes you feel full, helps stabilize blood sugar, and helps decrease elevated cholesterol. Examples of soluble fibers include oats, fruits, barley, and legumes. Insoluble fiber doesn't hold water, it pushes through the intestines and helps with digestion. This kind of fiber helps decrease constipation and reduces the risk of bowel diseases and cancer. Examples of insoluble fiber include whole grains and wheat bran.