

***“Populations that consume more dietary fiber have less chronic disease. In addition, intake of dietary fiber has beneficial effects on risk factors for developing several chronic diseases.”***

American Dietetic Association

## Health Tip #6 - FIBER

**Fiber increases satiety (the feeling of fullness) by adding bulk to foods without additional calories.**

The daily dietary fiber recommendation is:

- 19 grams - children (1-3 yrs.)
- 25 grams - children (4-8 yrs.)
- 26 grams - females (9-18 yrs.)
- 25 grams - females (19-50 yrs.)
- 21 grams - females (51+ yrs.)
- 31 grams - males (9-13 yrs.)
- 38 grams - males (14-50 yrs.)
- 30 grams - males (51+ yrs.)

Consuming adequate fiber can:

- Lower cholesterol
- Normalize blood sugar
- Reduce risk of diabetes
- Improve large intestine function
- Help reduce the risk of constipation
- Help reduce the risk of diverticulosis
- Reduce risk of coronary heart disease
- Decrease hemorrhoid and colon cancer
- Help maintain normal healthy body weight

Lack of adequate fiber consumption can contribute to:

- Constipation
- Digestive abnormalities
- High cholesterol
- Weight gain

**Good fiber sources that I recommend are:**

- **Bob’s Red Mill Whole Ground Flaxseed meal** (4 grams of fiber per 2 tbsp)
- **Smart Basics Organic High Fiber Hemp Protein Mix** (7 grams of fiber per 2 tbsp)
- **Trader Joe’s fiber mini cakes** (12 grams of fiber per mini cake)

Consider making this ‘healthy change for a healthier you’!

To Your Health,

Karen Mastrogiovanni, the Health Pastor

[www.healthwithkaren.com](http://www.healthwithkaren.com)

	Top 10 High Fiber Foods	Category	Unit	Fiber (gram)
1	Hazel nut, roasted 	Seeds & Nut	100 gram	18.00
2	Almond, roasted 	Seeds & Nut	1 cup	16.30
3	Mung (green) bean 	Seeds & Nut	1 cup	15.40
4	Sunflower seed, roasted 	Seeds & Nut	1 cup	14.00
5	Avocado 	Fruit	1 cup	10.10
6	Baked bean, canned 	Vegetable	1 cup	10.00
7	Durian, flesh 	Fruit	1 cup	9.20
8	Guava 	Fruit	1 cup	8.90
9	Green Pea, cooked 	Vegetable	1 cup	8.80
10	Sweet Potato, no skin 	Tuber	1 cup	7.00