



Eat More Dietary Fiber

CHALLENGE
Eat 25 to 38 grams of dietary fiber daily.

Requirements to Complete this WELLNESS CHALLENGE

1. Keep a written record of the fiber in your diet each day. Record this number on your monthly [Wellness Challenge Calendar](#).
2. Read “The value of fiber” below.
3. To complete the Challenge, eat 25 to 38 or more grams of dietary fiber at least 22 days this month.
4. Keep a record of your completed Challenge if your organization requires documentation.

The value of fiber

The National Institute of Medicine recommends that healthy adults consume 25 to 38 grams of fiber each day, 25 grams for women and 38 grams for men. Fiber is the part of food that cannot be digested. Dietary fiber is protective to the bowel—preventing constipation, diverticulosis (a common bowel problem linked to low fiber diets), and enhancing the overall function of the bowel.

Fiber removes cholesterol from your blood and helps protect you from colon cancer. In a recent European study there was a 40% lower incidence of colorectal cancer in those who had an average intake of 35 grams of dietary fiber daily.¹

Dietary fiber helps protect you from getting type 2 diabetes. Eating unrefined foods, high in dietary fiber, helps lower blood glucose levels. High blood glucose levels increase your risk for type 2 diabetes. Fiber also helps lower your cholesterol and risk of coronary heart disease.

Foods with no fiber

Many foods have no fiber, but provide a variety of vitamins, minerals, and nutrients. Fiber is found only in plant-based foods. Meat, fowl, fish, and dairy products do not contain fiber. This includes milk, cheese, yogurt, and ice cream. Juices do not contain fiber, nor do eggs, sugar, and fats.

FOODS	SERVING SIZE	GRAMS OF FIBER
GRAINS		
Barley, pearled, cooked	½ cup	= 3.0 grams
Bread, whole wheat	1 slice	= 1.7 grams
Bread, white	1 slice	= 0.6 grams
Bulgur wheat, cooked	½ cup	= 4.1 grams
Cereal, bran flake	¾ cup	= 5.3 grams
Corn grits, yellow, cooked	½ cup	= 0.5 grams
Flour, whole wheat	½ cup	= 7.3 grams
Oatmeal, plain, cooked	¾ cup	= 2.8 grams
Rice, brown, cooked	1 cup	= 3.5 grams
Rice, white, cooked	1 cup	= 0.7 grams
BEANS		
Baked beans, canned	½ cup	= 7.0 grams
Black beans, cooked	½ cup	= 7.0 grams
Great northern beans, cooked	½ cup	= 6.2 grams
Kidney beans, cooked	½ cup	= 5.7 grams
Pinto beans, cooked	½ cup	= 7.4 grams
FRUITS		
Apple	1 medium	= 3.3 grams
Apricot	3 medium	= 2.1 grams
Banana	1 medium	= 3.1 grams
Blackberries, fresh	1 cup	= 7.6 grams
Blueberries, fresh	1 cup	= 3.5 grams
Dates	½ cup	= 7.1 grams
Orange	1 medium	= 3.1 grams
Peach	1 medium	= 1.5 grams
Pear	1 medium	= 4.4 grams
Prunes, dried and stewed	½ cup	= 3.8 grams
Raisins	½ cup	= 2.7 grams
Red raspberries, fresh	1 cup	= 8.0 grams
VEGETABLES		
Acorn squash, fresh, baked	½ cup	= 4.5 grams
Artichoke hearts, cooked	½ cup	= 4.5 grams
Asparagus, cooked	½ cup	= 1.8 grams
Broccoli, chopped, cooked	½ cup	= 2.6 grams
Brussels sprouts, fresh, cooked	½ cup	= 2.0 grams
Cabbage, cooked	½ cup	= 1.4 grams
Carrots, cooked	½ cup	= 2.3 grams
Green beans, fresh, cooked	½ cup	= 2.0 grams
Lettuce, romaine	1 cup	= 1.2 grams
Potato, baked	1 medium	= 3.8 grams
Spinach, cooked	½ cup	= 2.2 grams
Tomato, raw	1 medium	= 1.5 grams

Source: USDA National Nutrient Database for Standard Reference, Release 16-1, 2004

Ways to increase fiber in your diet

- Include 3 or more servings of vegetables in your diet each day.
- Include 3 or more servings of fruit in your diet each day.
- Choose an orange or grapefruit instead of juice for breakfast.
- Use fresh or dried fruits for desserts or snacks.
- Use beans, lentils, and peas. Add cooked beans and peas to soups, stews, casseroles, and salads.
- Choose whole grain breads and cereals instead of white bread and white rolls.
- Choose high fiber grains such as buckwheat, brown rice, and bulgur in place of white rice or white flour products in side dishes, soups, and stews.
- Leave the skin on potatoes, fruits, and vegetables. This outer layer is high in fiber.
- Add bran cereal, oats, or soy-based cereal as an added ingredient to recipes.
- Add raw bean or soybean sprouts to your sandwiches.

MyPyramid Food Guide

GRAINS

Eat 6 oz or 6 servings every day

- Eat at least 3 oz (3 servings) of whole-grain cereals, breads, crackers, rice, or pasta daily
- 1 oz is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked brown rice, whole grain cereal, or pasta

VEGETABLES

Eat 2½ cups or 5 servings every day

- Eat more dark leafy greens like broccoli and spinach
- Eat more orange vegetables like carrots and sweet potatoes
- Eat more dry beans (peas, pinto beans, kidney beans, and lentils)
- A serving is: ½ cup cooked, 1 cup salad or raw veggies

FRUITS

Eat 2 cups or 4 servings every day

- Eat a variety of fruit
- Choose fresh, frozen, canned, or dried fruit
- Get most of your fruit from whole fruits, not juices
- A serving is: 6 oz fruit juice, 1 medium fruit, ½ cup cooked



FATS, SUGARS & SALT (SODIUM)

- Get most of your fat sources from vegetable oils, nuts, avocados, and fish.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any nutrients.
- Eat plenty of dietary fiber: 25 g/day for women, and 38 g/day for men.
- Limit sodium to less than 2,400 mg/day—1,500 mg/day if your blood pressure is high.
- Check nutrition labels to keep sodium, saturated fats, and trans fats low.

MILK & DAIRY

Drink/eat 2–3 servings every day

- Choose low-fat or fat-free milk, yogurt, cheese and other milk products
- If you don't or can't consume milk, choose lactose-free products or other calcium sources such as soymilk and other foods and beverages fortified with calcium and vitamin B-12
- A serving is: 1 cup milk, yogurt, fortified soymilk, or low-fat cheese; ½ cup low-fat cottage cheese

MEAT & BEANS (PROTEINS)

Eat 5½ ounces or 3–5 servings every day

- Emphasize plant proteins—choose beans (pinto beans, kidney beans, lentils, soy, split peas, hummus, etc.) tofu, vegetable protein, peas, nuts, and seeds
- Choose fish and low-fat or lean meats and poultry
- Bake or broil instead of frying meat
- A serving is: 1 oz nuts or seeds; ½ cup beans, peas, lentils; 1–2 oz lean meats; 1 egg

If you are very active, choose the larger serving recommendations.

Recommendations from USDA MyPyramid (MyPyramid.gov) and NIH DASH diet

Nutrition tips

- **Avoid alcohol.** If you do drink, limit yourself to no more than 1 or 2 drinks in 1 day. One drink is defined as 12 ounces of beer, 5 ounces of wine, or 1½ ounces of distilled liquor.

You shouldn't drink at all if you are:

- Taking medications
- Pregnant or planning to conceive
- Planning to drive or participate in activities requiring clear judgment
- Unable to keep drinking within moderate limits

• Multiple vitamins

Most persons may benefit from a daily supplement. Calcium may also be helpful for non-dairy users.

• Water

Drink plenty of water, at least 5 to 8 glasses daily.

Sources:

1. Bingham SA et al, *Dietary fibre in food and protection against colorectal cancer in the European Prospective Investigation into Cancer and Nutrition (EPIC): an observational study*, *The Lancet*, Vol. 361, No. 9368, May 3, 2003
2. USDA Nutrient Database for Standard Reference, Release 15, United States Department of Agriculture (USDA). Available at:

www.nal.usda.gov/fnic/foodcomp/Data/SR15/wtrank/sr15w291.pdf





Eat More Dietary Fiber

CHALLENGE
Eat 25 to 38 grams of dietary fiber daily.

Instructions

1. Post this record sheet where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the amount of fiber in grams you eat each day. Use this calendar to also record your exercise program (min/day), weekly weight, and any other items you may want to track.
3. At the end of the month, total the number of days you ate 25 to 38 (women/men) or more grams of dietary fiber. You must meet this goal at least 22 days out of the month to complete the Challenge. Then keep up this healthy practice for a lifetime of best health!
4. Enter your completion of this Wellness Challenge on the Health Activity Tracker report for the month. Keep this record for evidence of completion.

MONTH:							WC = Wellness Challenge ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
WC [] ex. min. _____	WC [] ex. min. _____	WC [] ex. min. _____	WC [] ex. min. _____	WC [] ex. min. _____	WC [] ex. min. _____	WC [] ex. min. _____	
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_____ Number of days this month I ate 20 to 35 grams of dietary fiber
 _____ Number of days this month I got 30+ minutes of physical activity such as brisk walking

Other wellness projects completed this month:

Signature _____ Date _____

