

USING DIETARY FIBER TO PROMOTE HEALTH

What is Dietary Fiber?

Dietary fiber is the part of the plant the human body can't digest. It is often called roughage and can be divided into two groups: soluble fiber and insoluble fiber.



Soluble fiber dissolves in water and is great for lowering cholesterol and glucose levels in the blood. Sources of soluble fiber include citrus fruits, beans, apples, peas, and oats.

Insoluble fiber does not dissolve and is good for moving material through the digestive system. Whole wheat, nuts, beans, and some vegetables are good sources of insoluble fiber (Mayo Clinic).

Benefits:

Dietary fiber can help:

- lower cholesterol
- move materials throughout the digestive system
- lower blood glucose levels
- normalizes bowel movements to keep your digestive system working regularly
- maintain bowel health

Not including fiber in your diet can cause:

- Irregular bowel movements
- Stomach pain
- Less bulky stool



The authors received funding support for this work from the National Institute of General Medical Sciences of the National Institutes of Health under award number P20GM103474 and award number 5P20GM104417. The content presented here is solely the responsibility of the authors and does not represent the official views of the National Institutes of Health. For further information please contact the Montana State University Food and Health Lab: (406) 994-3289



How to Add Fiber to Your Diet:

Fiber can be added to the diet by eating whole grains, fruits and vegetables, and legumes. Instead of quickly adding a lot of fiber to your diet, be sure to gradually increase the amount of fiber being eaten to allow the gastrointestinal system to adjust to the change.

Recommendations:

It is recommended that women 50 and younger eat 25 grams of dietary fiber per day, men 50 and younger eat 38 grams of dietary fiber per day, women 50 or older eat 21 grams of dietary fiber per day, and that men 50 or older eat 35 grams of dietary fiber each day.

Recipes:

Whole Wheat Spaghetti:

Ingredients:

- 1 diced tomato
- ¼ cup chopped green pepper
- 1 chopped red onion
- 1-2 TBSP basil
- 1-2 TBSP oregano
- 2 chopped carrots
- 3 TBSP olive oil
- 2 tsp tomato paste
- 1/2 package whole wheat spaghetti noodles

Directions:

1. In a pot, bring water to a boil
2. Add noodles and cook to preference
3. Heat tomato, onion, green pepper, olive oil, tomato paste, and carrots together until sauce becomes thicker, add water if more sauce or if thinner sauce is desired
4. Add spices to taste to sauce
5. Mix sauce with spaghetti noodles

Yogurt with Fruit and Granola:

Ingredients:

- ½ cup yogurt
- 1/3 cup granola with whole grains
- ¼ cup strawberries
- ¼ cup raspberries
- ¼ cup blackberries

Directions:

1. Mix ingredients together
2. Serve cold



The authors received funding support for this work from the National Institute of General Medical Sciences of the National Institutes of Health under award number P20GM103474 and award number 5P20GM104417. The content presented here is solely the responsibility of the authors and does not represent the official views of the National Institutes of Health. For further information please contact the Montana State University Food and Health Lab: (406) 994-3289 or foodandhealthlab@gmail.com



