



## Fiber *Fibra*

### What Is Fiber? *¿Qué Es la Fibra?*

Dietary fiber is a form of carbohydrate found in plants that cannot be digested by humans. All plants contain fiber, including fruits, vegetables, grains, and legumes. *La fibra dietética es una forma de carbohidratos que se encuentra en plantas que los humanos no pueden digerir. Todas las plantas contienen fibra, incluyendo las frutas, verduras, granos, y legumbres.*

### Why Follow a High-Fiber Diet? *¿Por Qué Seguir una Dieta Alta en Fibra?*

A high-fiber diet is often recommended to prevent and treat constipation, hemorrhoids, diverticulosis, and irritable bowel syndrome. Eating a high-fiber diet can also help improve your cholesterol levels, lower your risk of coronary heart disease, reduce your risk of type 2 diabetes, and lower your weight. *Con frecuencia se recomienda una dieta alta en fibra para prevenir y tratar el estreñimiento, hemorroides, diverticulosis, y síndrome del intestino irritable. Consumir una dieta alta en fibra también puede ayudar a mejorar sus niveles de colesterol, reducir su riesgo de enfermedad cardíaca coronaria, reducir su riesgo de diabetes tipo 2, y ayudar con la pérdida de peso.*

### How Much Fiber Should I Eat? *¿Cuánta Fibra Debería Comer?*

A high-fiber diet should contain **20-35 grams** of fiber a day. *Una dieta alta en fibra debería contener entre 20 y 35 gramos de fibra al día.*

### Digestion of Fiber *Digestión de la Fibra*

To avoid the side effects of sudden increases in dietary fiber (eg, gas, cramping, bloating, and diarrhea), increase fiber gradually and be sure to drink plenty of fluids every day. *Para evitar los efectos secundarios de incrementos repentinos en la fibra dietética (gases, calambres, distensión y diarrea) incremente gradualmente la fibra y asegúrese de beber abundantes líquidos todos los días.*

### Tips for Increasing Fiber Intake *Consejos para Incrementar el Consumo de Fibra*

- Whenever possible, choose whole grains over refined grains (eg, brown rice instead of white rice, whole-wheat bread instead of white bread). *Cuando sea posible, elija granos enteros sobre los granos refinados (p.e., arroz integral en lugar de arroz blanco, pan de trigo entero en lugar de pan blanco).*
- Include a variety of grains in your diet, such as wheat, rye, barley, oats, quinoa, and bulgur.
- Eat more vegetarian-based meals. *Consuma más alimentos a base de verduras.*
- Choose high-fiber snacks, such as fruits, popcorn, whole-grain crackers, and nuts. *Elija bocadillos altos en fibra, como frutas, palomitas de maíz, galletas integrales, y nueces.*
- Make whole-grain cereal or whole-grain toast part of your daily breakfast regime. *Incluya el cereal integral o el pan tostado integral como parte de su régimen diario de desayuno.*
- When eating out, whether ordering a sandwich or dinner, ask for extra vegetables. *Cuando coma afuera, ya sea que ordene un sándwich o una cena completa, pida verduras adicionales.*

## Increase Your Fiber Intake

Aim to eat 20–35 grams of total fiber per day. Include 6–10 grams of soluble fiber.

<u>Choose</u>	<u>Food</u>	<u>Serving Size</u>	<u>Fiber (gm)</u>	<u>Soluble Fiber</u>
High-Fiber	Fiber One cereal	½ cup	12 gm	1 gm
Whole Grains	100% bran cereals	1/3 cup	9 gm	1 gm
	Bulgur wheat	½ cup	4 gm	0 gm
	Wheat bran	2 tbsp	4 gm	0.2gm
	Whole grain cereals	½ cup	3–5 gms	0.5 gm
	100% whole wheat bread	1 slice (1 oz)	2 gm	0.3 gm
	Oatmeal	½ cup	2 gm	1 gm
	Brown rice	½ cup	2 gm	0.2 gm
	Legumes/Beans	Kidney beans	½ cup	8 gm
Black beans		½ cup	6 gm	2 gm
Lentils		½ cup	5 gm	1 gm
Soybeans (whole)		½ cup	5 gm	2 gm
Black-eyed peas		½ cup	4 gm	0.5 gm
Seeds & Nuts	Flax seeds	1 tbsp	3 gm	1 gm
	Peanut butter (chunky)	2 tbsp	2 gm	1 gm
	Nuts	6 nuts	1–2 gms	0.2 gm
High-Fiber Fruits & Vegetables	Apple/pear	1 medium	5 gm	1 gm
	Carrots	1 medium	4 gm	1 gm
	Potato (with skin)	1 medium	4 gm	1 gm
	Broccoli	1 cup	4 gm	1 gm
	Berries	1 cup	4–8 gms	1 gm
	Orange	1 small	3 gm	2 gm
	Dried fruit	5 pieces	2–3 gms	1–2 gms
	Banana	1 medium	2 gm	0.5 gm
	Zucchini	½ cup	1 gm	1 gm
	Dark, leafy greens	1 cup	1–5 gms	1–3 gms
	Lettuces	1 cup	1–2 gms	0.1 gm
	Cantaloupe	1 cup	1 gm	0.3 gm
	Tomato	1 medium	1 gm	0.1 gm

## Sample Meal Plan

### Breakfast

½ cup Raisin Bran cereal (4 gm)  
 4 oz skim milk  
 1 slice whole wheat bread (2 gm)  
 1 tsp margarine  
 2 egg whites

**Total fiber = 6 gms**

### Lunch

1 cup split pea soup (8 gm)  
 1 slice rye bread (2 gm)  
 2 oz turkey  
 2 slices tomatoes (1 gm)  
 lite mayonnaise  
 1 cup berries (6 gm)

**Total fiber = 17 gms**

### Dinner

3 oz grilled salmon  
 2/3 cup brown rice (3 gm)  
 1 cup steamed broccoli (4 gm)  
 mixed green salad w/endive (4 gm)  
 1 tbsp dressing  
 1 medium pear (5 gm)

**Total fiber = 15 gms**

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