

# ***FIBER, FIBER & FIBER***

THE ULTIMATE SUPERFOOD - AIM FOR AN EXTRA 15 G/DAY

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## **Fiber and Detoxification**

By Njeri Jarvis MS/RD/LDN

**Dietary fiber supports many body functions** not just in the gut but systemically for the entire body. Consuming dietary fiber positively affects gut health for conditions such as diabetes, cardiovascular disease, nonalcoholic fatty liver disease and chronic kidney disease.

**Fiber increases the growth of select gut microbes** that then alter the production of our hormones, cytokines, microbe derived metabolites. It also influences gut barrier gut immune and gut endocrine responses.

**Gut health regulates the physiology and biochemistry of nutrient management and detoxification.** Poor gut health does as well. This regulation is what we now call the gut-organ axis. We all have a gut-liver, gut-kidney, gut-etc axis that is constantly being affected by how much or little fiber we consume.

# What is Fiber?

Fiber is a type of carbohydrate that the body can't digest. Though most carbohydrates are broken down into sugar molecules, fiber cannot be broken down into sugar molecules, and instead it passes through the body undigested. Fiber helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check.



# How Much Fiber Should I get Daily?

Children and adults need at least 20 to 42 grams of fiber per day for good health, but most Americans get only about 12 - 15 grams a day. Historically, humans used to consume close to 100 g of fiber daily.

Less than 5% of Americans meet the recommended intake for dietary fiber, and the magnitude of the gap is large, approximately a 50-70% shortfall. Because considerable evidence indicates that dietary fiber affects normal physiologic function and the onset of chronic diseases, it is critical that efforts to increase daily intake take place.

***Aim for 20 - 42 g of fiber daily.***

*Aim to add an extra 5 - 15 grams of fiber daily as a deliberate*  
**DAILY ACTION**

## What does 5 grams of Fiber Look Like?



1 Medium Apple = 5 g Fiber



1 Tablespoon Flax Seeds = 5 g Fiber



1 Tablespoon Chia Seeds = 5 g Fiber



1 cup mixed berries = 5 - 8 g Fiber



1 Artichoke = 7 g Fiber

# What about Fiber Supplements ?

Fiber supplements are a great and easy way to get an additional 15 grams of fiber daily. Taking 5 g of fiber in water before each meal can be a game changer for supporting weight loss.

Some fibers like guar gum are excellent for supporting issues with Irritable Bowel Syndrome Diarrhea (IBS-D).



## Common Fiber Types

Some of the more common fiber types found in fiber supplements include the following:

### Inulin

usually is extracted from chicory root, although it's found in many fruits and vegetables, according to the Natural Medicines Database. It has been found to improve mineral absorption and may be effective in lowering triglycerides.<sup>4</sup> Considered a prebiotic, when inulin is fermented in the colon, it promotes production of the beneficial gut bacteria Bifidobacteria. Fructooligosaccharides are shorter chains of inulin that have prebiotic activity.<sup>4</sup> According to the Natural Medicines Database, there's preliminary evidence that fructooligosaccharides may protect against colon cancer.

### Methylcellulose

is a synthetic, soluble bulk-forming laxative derived from cellulose. Primarily, it's used to treat constipation, but it also may help relieve some forms of diarrhea.<sup>5</sup> In addition, because methylcellulose isn't fermented in the colon, it's well tolerated.

### Partially hydrolyzed guar gum (PHGG)

is a soluble fiber extracted from the seeds of the guar bean. Guar gum is partially hydrolyzed enzymatically to reduce its thickening properties and improve digestibility. PHGG is usually used as a laxative for its bulk-forming effect. Per the Natural Medicines Database, guar gum has been shown to lower cholesterol and blood pressure in subjects with hyperlipidemia and hypertension. In addition, guar gum may relieve symptoms of irritable bowel syndrome more effectively than wheat bran. PHGG ferments in the colon, resulting in prebiotic activity and an increase in beneficial short-chain fatty acids, Lactobacilli, and Bifidobacteria.

### Psyllium

is most celebrated for its role in lowering LDL cholesterol and improving the LDL:HDL ratio. Psyllium also slows carbohydrate absorption, thereby decreasing blood glucose levels.<sup>8</sup> This soluble fiber is derived from the seeds of the Plantago plant and is effective for treating constipation, per the Natural Medicines Database.

### Wheat dextrin

is a resistant dextrin—a soluble prebiotic fiber that helps normalize digestive function. Fermentation of wheat dextrin in the large intestine results in production of short-chain fatty acids that promote beneficial bacteria and mineral absorption. Preliminary studies indicate wheat dextrin may assist with weight maintenance and satiety.

# Grams of Fiber in Common Fruits

<b>Fruits -</b>	<b>Serving size</b>	<b>Fiber (g/serving)</b>
Apple w/skin	1 medium	3.7
Apple w/o skin	1 medium	2.4
Banana	1 medium	2.7
Blueberries (raw)	1 cup	4.0
Cantaloupe	1 cup (pieces)	1.3
Cherries	10 cherries	1.3
Fruit salad/fruit cup	½ cup	1.3
Grapefruit -	½ medium	1.3
Grapes	1 cup	1.2
Honeydew melon	1 cup (pieces)	1.0
Mandarin oranges	½ cup	1.0
Nectarine	1 medium	2.2
Orange	1 medium	3.0
Peach	1 medium	1.7
Pear	1 medium	4.0
Pineapple	1 cup (pieces)	2.0
Plum	1 medium	1.0
Prunes (dried)	10 prunes	6.0
Raisins (seedless)	2/3 cup	4.0
Raspberries	1 cup	8.4
Strawberries	1 cup	3.4
Tangerine	1 medium	2.0
Watermelon	1 cup (pieces)	0.8



# Grams of Fiber in Common Vegetables

Vegetables	Serving size	Fiber (g/serving)
Artichoke, boiled	1 medium	6.2
Asparagus, boiled	½ cup (6 spears)	1.4
Baked beans	1 cup	14.0
Broccoli, boiled	½ cup	2.3
Brussels sprouts, boiled	½ cup	2.0
Carrot	1 medium	2.0
Cauliflower, boiled	½ cup	1.7
Celery	1 stalk (7 inch)	0.7
Coleslaw	½ cup	1.0
Corn, on the cob	1 ear	2.0
Cucumber	½ cup (slices)	0.5
Eggplant, boiled	½ cup	1.0
Green beans, boiled	½ cup	2.0
Lima beans, boiled	1 cup	13.2
Lettuce	½ cup (pieces)	0.5
Mushrooms	½ cup (pieces)	0.4
Onions, boiled	½ cup	1.0
Peas, green	½ cup	4.0
Pinto beans, boiled	1 cup	14.7
Potato, baked w/ skin	1 medium	5.0
Potato, boiled	1 medium	2.0
Potato salad	½ cup	1.0
Pumpkin, canned	½ cup	5.0
Spinach, boiled	½ cup	2.2
Spinach, raw	½ cup	0.8
Squash, winter	½ cup	3.0
Sweet potato, baked	1 medium	3.0
Tomato, raw	1 medium	1.0



# Grams of Fiber in Common Grains

## A

Cereal	Serving size	Fiber (g/serving)
All-Bran, Kellogg's	½ cup	10.0
Alpha-Bits	1 cup	1.0
Banana Nut Crunch	1 cup	4.0
Bran Buds, Kellogg's	1/3 cup	12.0
Cheerios	1 cup	3.0
Corn Pop	1 cup	0.0
Cracklin' Oat Bran, Kellogg's	¾ cup	5.6
Cream of Wheat	1 pack	1.0
Fiber One, General Mills	½ cup	13.0
Frosted Mini-Wheats	5 biscuits	5.0
Honey Nut Cheerios, General Mills	1 cup	2.0
Instant Oatmeal	1 pack	3.0
Multi-Grain Cheerios	1 cup	3.0
Quaker Shredded Wheat	3 biscuits	7.3
Raisin Bran, General Mills	¾ cup	3.0
Raisin bran, Kellogg's	1 cup	8.2



# Grams of Fiber in Common Grains

## B

<b>Breads/Grains</b>	<b>Serving size</b>	<b>Fiber (g/serving)</b>
Bagel (most bagels)	1 bagel	1.5
English muffin, Thomas	1 muffin	1.5
French bread	1 slice	0.5
Italian, Bakery Light	1 slice	2.5
Multi-grain	1 slice	1.5
Pancakes	1 medium-large	1.0
Pita, white	1 6" diameter	1.0
Seven grain, Branola	1 slice	3.0
Wheat, Bakery Light	1 slice	2.5
White	1 slice	1.0
Whole wheat	1 slice	2.0
<b>Pasta</b>	<b>Serving size</b>	<b>Fiber (g/serving)</b>
Elbow macaroni, Golden Grain	½ cup	2.0
Macaroni	1 cup	1.8
Macaroni, whole wheat	1 cup	4.0
Spaghetti, whole wheat	1 cup	6.3
Brown rice, long grain	1 cup	3.5
White rice	1 cup	1.0



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**“The best time  
to plant a tree  
was 20 years  
ago. The second  
best time is  
now.” –**

**Chinese Proverb**

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**“..so get  
started!” –  
Njeri (BNH)**

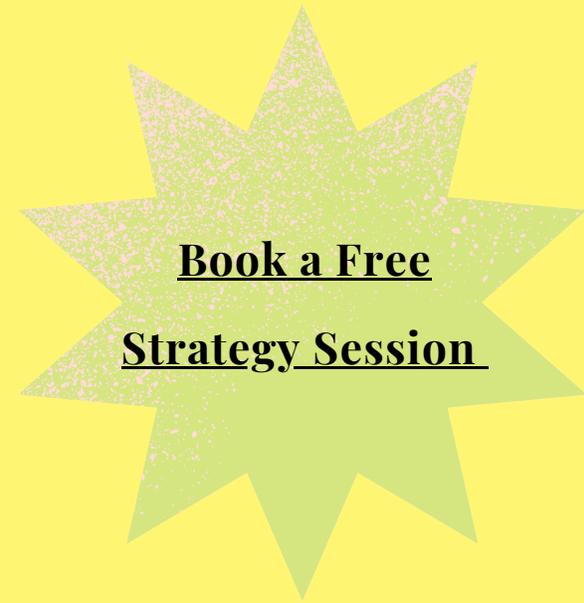




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