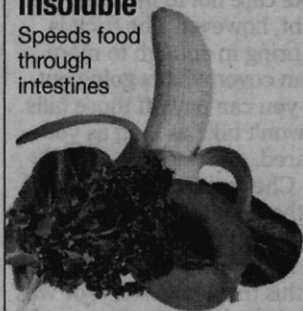


# The two kinds of fiber

Soluble and insoluble fiber act differently in the body, but a diet rich in fruits, vegetables and whole grains contains plenty of both types.

## Insoluble

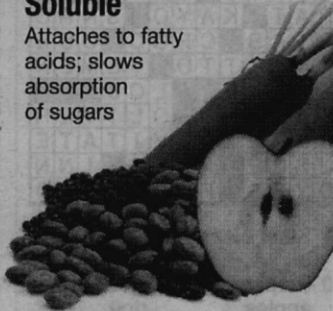
Speeds food through intestines



Dark green vegetables, fruit, potato skins, whole-grain foods, bran, nuts and seeds

## Soluble

Attaches to fatty acids; slows absorption of sugars



Oats and oat bran, dried beans and peas, barley, flax seed, nuts, oranges, apples, carrots, psyllium husk

Source: *Fiber 101* by Gloria Tsang

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## High-fiber Foods

- 1 cup raspberries = 8 grams
- 1 medium pear, skin on = 5.1 grams
- 1 cup boiled broccoli = 5.1 grams
- 1 cup cooked lentils = 15.6 grams
- 1 cup cooked split peas = 16.3 grams
- 1 medium cooked artichoke = 10.3 grams
- Smart Food Popcorn Clusters = 5 grams per serving
- Original Fiber One cereal = 14 grams per serving
- 1 taco size Heart Healthy Flour Tortilla, La Tortilla Factory = 5 grams
- 1 cup whole-wheat cooked spaghetti = 6.3 grams
- 1 medium oat bran muffin = 5.2 grams

## Fiber's Other Faces

Below are forms of fiber you may see on the panels of packaged foods:

- **Cellulose or cellulose gel:** Acts as a stabilizer, opacity enhancer, emulsifier or fat binder and is high in insoluble fiber.
- **Chicory root (Inulin):** A type of dietary soluble fiber found naturally in leeks and artichokes. It is being added to granola bars and cookies to replace fat, sugar or flour. A source of soluble dietary fiber, it is also turning up in yogurt because of its prebiotic qualities.
- **Psyllium husk:** Derived from the crushed seeds of the *Plantago ovata* plant, an herb native to parts of Asia, psyllium is rich in soluble fiber and is used as a gentle bulk-forming laxative for constipation.

— Sources include Mayo Clinic, Fiber One and La Tortilla Factory Web sites