

Client Name \_\_\_\_\_ Date \_\_\_\_\_

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## Heart-Healthy Eating: Fiber Tips

### Fiber's Benefits

There are two types of fiber in food: soluble and insoluble. Soluble fiber is especially helpful in lowering LDL (low-density lipoprotein, or “bad”) cholesterol.

Try to eat 10 grams (g) to 25 g of soluble fiber per day. Work toward this goal gradually, and be sure to drink enough fluids. This will help you avoid problems with gas.

### Ways to Add Fiber to Your Eating Plan

- Add fiber to foods you already eat:
  - Sprinkle oat bran or rice bran on cereal.
  - Add almonds to salad.
  - Include dried beans in soup.
  - Mix ground flaxseed into muffins.
- Eat whole fruit rather than drinking juice.
- Select vegetables with lots of soluble fiber, such as brussels sprouts, acorn squash, lima beans, broccoli, okra, and eggplant.
- Look for whole grain products, especially those with oats and barley.
- Add vegetables to sandwiches, or eat a peanut butter sandwich on whole grain bread.
- Have bean dip or hummus for snacks.

### Fiber-Rich Foods

The chart shows how much soluble fiber is in one serving of some foods.

Food	Soluble Fiber
½ cup kidney beans	2.8 g
½ cup oatmeal, regular, before cooking	2.0 g
1 medium orange	1.8 g
¼ cup oat bran	1.7 g
1 packet instant oatmeal	1.4 g
½ cup cooked broccoli	1.4 g
2 tablespoons flaxseed meal	1.1 g
1 medium apple	1.0 g
1 small baked potato with skin	0.9 g
1 medium banana	0.7 g
1 cup raisin bran	0.7 g