

Soluble Fiber

Fiber is found in all plant foods (fruits, vegetables, beans, nuts and whole grains). There are two main types of fiber: soluble fiber and insoluble fiber. Most high-fiber foods contain both.

For general health, aim for 25 to 35 grams of total fiber per day. You need both types of fiber to get to this amount. Also, be sure to drink enough fluids to prevent constipation (hard, dry stools).

Insoluble fiber is important for the health of your bowels (intestines). It also helps remove toxins from your body. It is found in cereals, leafy greens, whole wheat products, corn, seeds and nuts.

Soluble fiber helps lower cholesterol. It appears to bind with the cholesterol we eat, reducing the amount that we absorb. Soluble fiber is found in oat and oat bran, beans, barley, fruits (like oranges and apples), vegetables and psyllium. **To help lower your cholesterol levels, you need about 10 to 12 grams of soluble fiber per day.**

Foods with Soluble Fiber

Food	Amount	Soluble fiber
<i>Cereals</i>		
Kashi GOLEAN Crunch!	1 cup	3 grams
Kashi GOLEAN Crunch! Honey Almond Flax	1 cup	4 grams
Kashi Heart to Heart Oatmeal	1 packet	3 grams
Kellogg's Smart Start Healthy Heart	1 cup	2 grams
Quaker Oatmeal Squares, Brown Sugar flavor	1 cup	1 gram
Quaker Oat Bran Hot Cereal	1 cup	3 grams
Quaker Weight Control Instant Oatmeal	1 packet	4 grams
Weight Watchers Honey Almond Crisp with Blueberries	$\frac{3}{4}$ cup	2 grams
Weight Watchers Flakes 'n Fiber with Oats	$\frac{1}{2}$ cup	2 grams

Food	Amount	Soluble fiber
Grains and seeds		
Barley (cooked)	½ cup	1 gram
Brown rice (cooked)	½ cup	0.4 grams
Oat bran (cooked)	½ cup	1 gram
Oatmeal (cooked)	½ cup	1 gram
Psyllium (ground)	1 Tablespoon	5 grams
White bread	1 slice	0.2 grams
Whole wheat bread	1 slice	0.4 grams
Vegetables		
Brussels sprouts (cooked)	½ cup	3 grams
Broccoli (cooked)	½ cup	1 gram
Carrots (cooked)	½ cup	1 gram
Spinach (cooked)	½ cup	0.5 grams
Zucchini (cooked)	½ cup	0.2 grams
Fruits		
Apple	1 medium	1 gram
Banana	1 medium	1 gram
Blackberries	½ cup	1 gram
Citrus fruit (orange, grapefruit)	1 medium	2 grams
Peach	1 medium	1 gram
Pear	1 medium	2 grams
Prunes	4 medium	2 grams
Legumes		
Black beans (cooked)	½ cup	2 grams
Black-eyed peas (cooked)	½ cup	1 gram
Kidney beans (cooked)	½ cup	3 grams
Lima beans (cooked)	½ cup	3.5 grams
Navy beans (cooked)	½ cup	2 grams
Pinto beans (cooked)	½ cup	2 grams

References

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