

Soluble Fiber & Heart Disease

Fiber Facts:

What is fiber?

Fiber is a substance found only in plants, such as fruits, vegetables, and grains. The part of the plant fiber that you eat is called dietary fiber and is an important part of a healthy diet.

Focus of Fiber-Water™ is the Soluble Fiber as related to Heart Disease

What are the benefits of soluble fiber?

Soluble fiber has been scientifically proven to reduce blood cholesterol levels, which may help reduce your risk of heart disease.

Elevated levels of blood cholesterol may increase your risk of heart disease. Your doctor is familiar with your family history and other possible risk factors, can assess your overall health, and help you set goals to reduce your risk, including reducing cholesterol

Overall, how much fiber should I eat and how much soluble fiber do I need?

Americans should eat 20-35 grams of fiber each day, including both soluble and insoluble fiber. The average American currently eats 12-17 grams of fiber a day. Only about $\frac{1}{4}$ of this is soluble fiber; therefore, the average American is eating only 3-4 grams of soluble fiber--below the recommended amount of 5-10 grams. Eating 3 grams a day of soluble fiber from oats or 7 grams a day of soluble fiber from psyllium has been shown to lower blood cholesterol levels.

Other foods contain soluble fiber as well.

For more information

● The American Dietetic Association/National Center for Nutrition and Dietetics.
ADA's Consumer Nutrition Information Line (800/366-1655)

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FOOD SOURCES OF FIBER

Food	Serving size	Total fiber (grams)	Soluble fiber (grams)	Insoluble fiber (grams)
English muffin	1	2.0	0.5	1.5
Spaghetti, cooked	1 cup	2.0	0.5	1.5
Whole-wheat bread	1 slice	2.5	0.5	2.0
White rice, cooked	1/2 cup	0.5	0	0.5
Bran flake cereal	3/4 cup	5.5	0.5	5.0
Corn flake cereal	1 cup	1.0	0	1.0
Oatmeal, cooked	3/4 cup	3.0	1.0	2.0
Banana	1 medium	2.0	0.5	1.5
Apple, with skin	1 medium	3.0	0.5	2.5
Orange	1 medium	2.0	0.5	1.5
Pear, with skin	1 medium	4.5	0.5	4.0
Strawberries	1/2 cup	1.0	0	1.0
Broccoli	1/2 cup	2.0	0	2.0
Corn	1/2 cup	1.5	0	1.5
Potato, baked with skin	1 medium	4.0	1.0	3.0
Spinach	1/2 cup	2.0	0.5	1.5
Kidney beans	1/2 cup	4.5	1.0	3.5
Popcorn	1 cup	1.0	0	1.0
Peanut butter, chunky	2 tablespoons	1.5	0	1.5