

Soluble vs. Insoluble Fiber

What is fiber?

- Fiber is the structural part of plant foods (such as fruit, vegetables, and grains) that our body is unable to digest or breakdown. There are two kinds of fiber: soluble and insoluble.
- **Soluble** fiber: dissolves in water to form a gel. It slows digestion and the rate at which carbohydrates are absorbed. It helps with blood glucose control after eating and helps lower unhealthy cholesterol.
- **Insoluble** fiber: does not dissolve in water. It holds onto water, which helps produce softer, bulkier stools to help regulate bowel movements. Helps alleviate constipation.
- **Bottom line:** Eating more soluble and insoluble fiber may help prevent heart disease, diabetes, and certain cancers and help with weight control.
- High fiber products contain at least 20% of the DV of fiber or 5g or more of fiber per serving.

Daily recommendation for adults

	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams

**Sources: Institute of Medicine, USDA, FDA, AND*

Fiber Sources

Soluble Fiber	Insoluble Fiber
Oatmeal/oat bran	Whole-wheat bread
Nuts and seeds	Whole-grain cereal
Dried peas	Barley
Beans	Brown rice
Lentils	Wheat bran
Apricots	Cauliflower
Mango	Green peas
Oranges	Broccoli
Pears	Potatoes
Strawberries	Corn
Psyllium	Dark leafy greens

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