

YOUR HEALTH FIRST

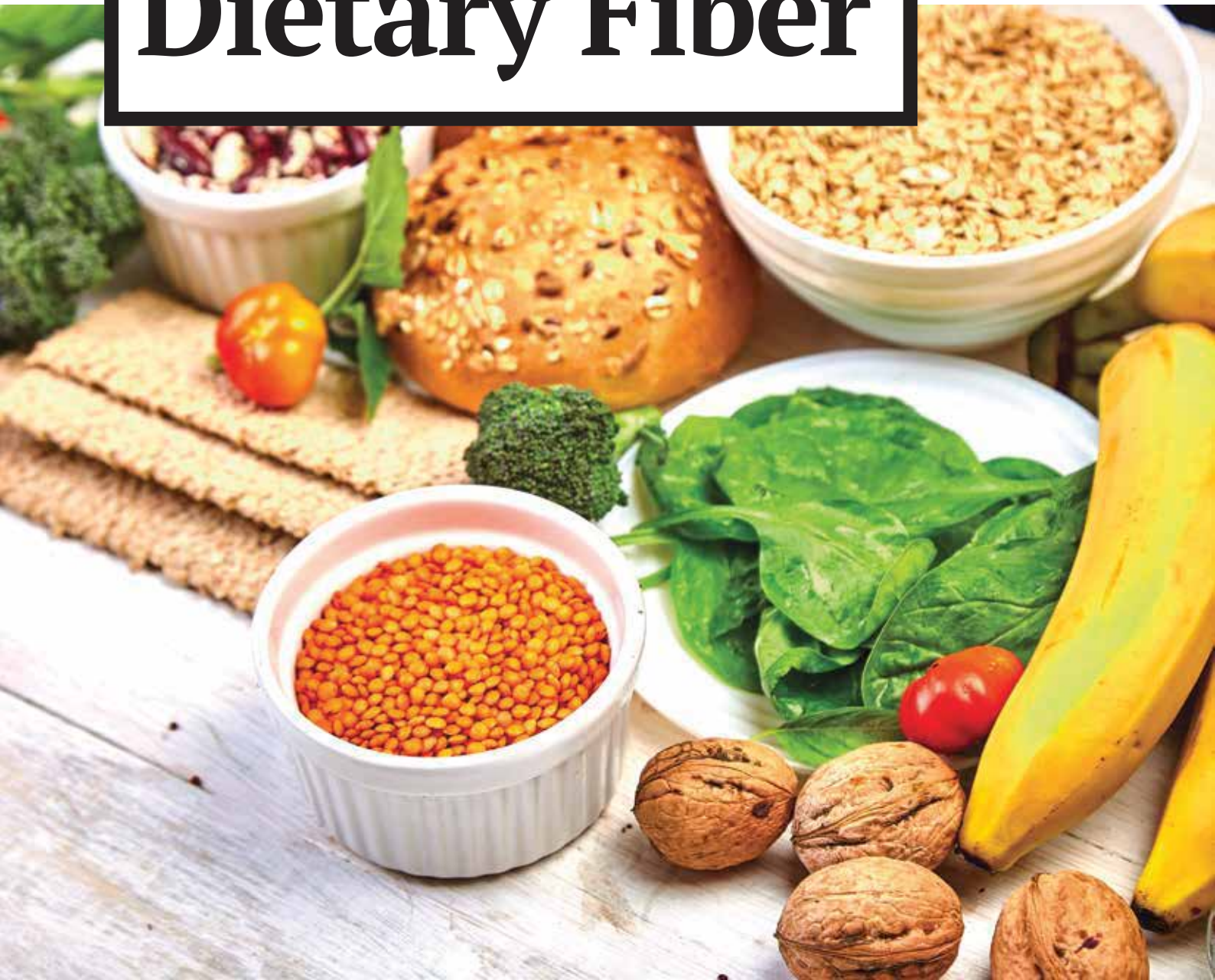
with Joe Galati, M.D.

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Dr. Galati's Insiders Guide to:

Dietary Fiber





So what's the big deal?

Every day I talk with patients about the value of dietary fiber. Diets high in fiber will help keep off unwanted weight, allow for regular bowel movements, control cholesterol, and help normalize blood sugar values in your blood. Because of the highly processed foods that we are lured into eating, it is difficult to consume the proper amount of fiber in your diet each day. High fiber foods are unprocessed. They are found in their natural form, the way they were meant to eat. Maintaining a diet high in dietary fiber does require work, as well as meal planning. Knowing what foods are high in fiber is the first step towards your dietary fiber rehabilitation journey.

People love to say “they already eat lots of dietary fiber” when I talk with them about their diet history. On detailed analysis, they fall short of the required 35 to 40 grams of fiber that is recommended daily. Unfortunately, bran muffins from your favorite coffee shop are a poor choice for fiber in the morning.

Joe Galati, MD

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Two Types of Fiber

(Generally Speaking)

Soluable Fiber

Soluble fiber absorbs the water in your food, which slows down digestion. Slowing digestion can help regulate blood sugar. It's also been shown to help reduce "bad" LDL cholesterol. You can find this type of fiber in foods like: oatmeal, flax seed, barley, dried peas, oranges, apples, carrots.

Insoluable Fiber

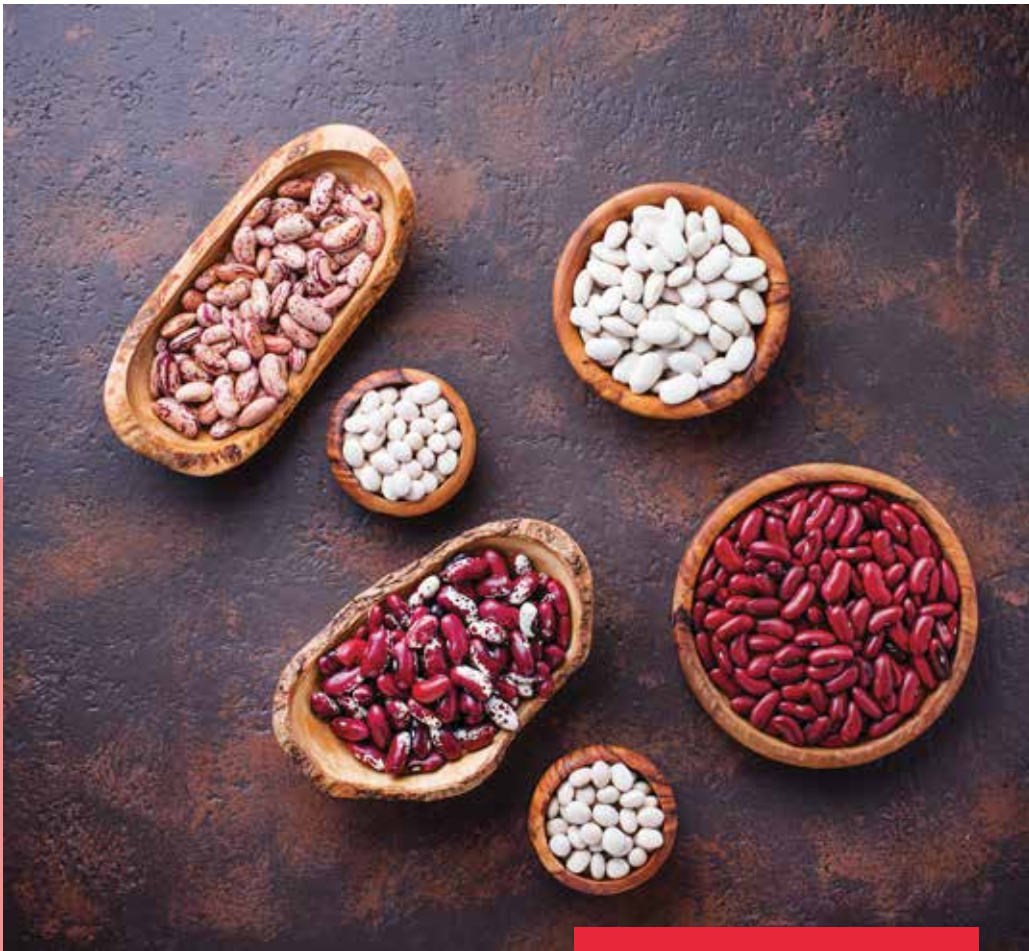
Insoluble fiber adds bulk to the stool, which helps move it through your digestive system quickly and relieves constipation. It's been shown to help balance the pH in your intestines and prevent colon cancer. You can find it in foods like: seeds, nuts, dark green leafy vegetables, wheat bran.

So what now?

Check out these ten tips to help you reach your daily fiber goals

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1. Know Foods High in Fiber

Understanding these foods and making them part of your regular diet is an excellent first step. Keep in mind that beans can be consumed for breakfast, as well as lunch, dinner, or as a snack. Consuming a couple of servings of beans per day will make your goal that much easier at reach.

Cooked Lentils 15.5g	Navy Beans 11.65g
Black Beans 15g	Soybeans 10.32g
Pinto Beans 14.7g	Cooked barley 13.6g
Lima Beans 13.16g	
Kidney Beans 11.33g	
Chickpeas 12.46g	

Note: Measurements are per cup



2. Don't Rely Only on Fiber Supplements

Taking fiber supplements is acceptable, but remember, they are “supplements” to a diet that already will provide you with enough dietary fiber that is close to the goal. Think of these fiber supplements as a tool to get you over the dietary fiber goal line! Metamucil powder, which contains psyllium, contributes 3 grams of fiber per serving. Metamucil capsules provide 2 grams of fiber per serving, and the Gummies provide 5 grams of fiber per serving.

Keep in mind there is no additional nutritional value to what you just consumed. One orange provides the same 3 grams of fiber, but with so many more vital micronutrients, vitamins, and antioxidants.

“The point is not to be fooled that these products are the sole source of your fiber. Think of it as a small contribution to the big picture of your overall health and nutrition.



3. Eat a High Fiber Cereal

(Like Fiber One)



The original version will provide 18 grams of fiber in each serving. This is excellent. Under their family of products, they have marketed an assortment of other Fiber One products. The problem I have is that if you follow this path, you'll be consuming additional highly processed, sweetened foods you don't need. I would advise to stick with the cereal only.

4.

Meal Plan

Every Sunday evening, I do my best, with my wife, to plan out the upcoming week, and the meals we plan to make. Making sure you have enough fruits and vegetables in the house, and how you will put them all together, takes about 10 minutes of planning. Salads, brown rice, and other high fiber foods need to be available from the start. Trying to figure out meals on the run never works. The temptation to eat out or order in is far too tempting when you're not prepared. Look at each meal and consider not only the global nutritional value but keep an eye on the fiber. Build meals around the fiber content, and if you remain true to these concepts, you will be eating well balanced and nutritious foods.

1. **Plan Ahead**
2. **Pick Healthy Foods**
3. **Build Around Fiber Content**



5.

Second Tier Fiber Foods

Besides the beans listed in #1, knowing the fiber content of the rest of the foods is equally important. People are surprised at the lack of fiber they believe are in certain foods. Commit this list to memory

Fruit

- Raspberries 8.34 g
- Cranberries 1.99 g
- Strawberries 1.31 g
- Kiwifruit 2.58 g
- Blueberries 3.92 g

Vegetables

- Turnip Greens 5.04 g
- Cauliflower 3.35 g
- Broccoli 4.78 g
- Collard Greens 5.32 g
- Swiss Chart 3.87 g
- Cabbage 3.45 g
- Spinach 4.32 g

6.

Eat Brown Rice

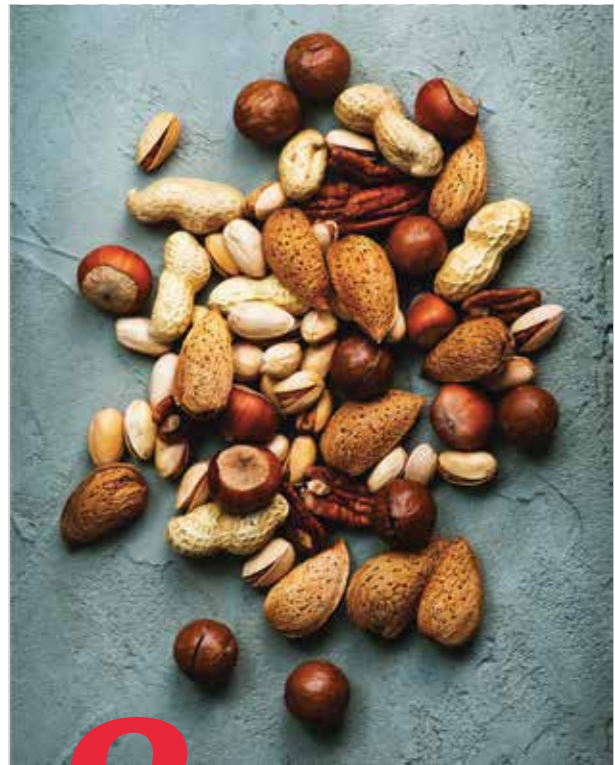
Brown rice is far less processed than polished white rice. Milling of rice, that turns it white, removes 67% of vitamin B3, 80% of vitamin B1, and 90% of vitamin B6. Manganese and phosphorus are lost by half, plus 60% of the iron. All of the dietary fiber is lost as well. Brown rice is an excellent source of manganese, selenium, and magnesium.

Clinical studies have been performed showing the diets high in brown rice will reduce cholesterol, as well as your risk of metabolic syndrome, fatty liver, and diabetes. One cup of brown rice provides 3.5 grams of fiber per cup.



7. *Check out Oatmeal*

Most people have an affection for oatmeal. Oatmeal should be a regular component of your diet, full of nutrients and fiber. Original Quaker Oats, as well as their Steel Cut version, will provide between 4 to 5 grams of fiber per serving. I always recommend staying away from any instant version of oatmeal. Added chemicals, sugar, colorings, and processing remove the natural nutritional value.



8. *Go Nuts*

Nuts are nutritious as well as a good source of fiber. One ounce of almonds (about 23 nuts) provides 3.5 grams of fiber. Pistachio and pecans provide 2.9 g per ounce. Nuts can be a fatty food but contain the good fats. Eat nuts, but don't devour nuts by the fistful. For years, there was the feeling that nuts should be avoided if you had diverticulosis or diverticulitis. This has been overturned with clinical research, and once again nuts are OK to eat if you have this condition.

9. *Now Put it All Together*

With all this knowledge, what are you supposed to do now? The answer is to make a diet plan. I have outlined a few sample plans that you can follow, substituting one food for another, now that you know their fiber content.

Breakfast 1

Fiber One cereal (18 g), one-half cup of blueberries (2 g), two slices of whole wheat toast (4 g): total 24 grams

Breakfast 2

Oatmeal (4 g), a cup of strawberries (3.31 g), Metamucil (3 g), one apple (3.37 g): total 13.68 grams

Lunch 1

One cup raspberries (8.34 g), half cup brown rice (1.75 g), half cup black beans (7.5 g), 2 vegetables (10 g): total: 27.59 grams

Lunch 2

One cup raspberries (8.34 g), half cup brown rice (1.75 g), half cup black beans (7.5 g), 2 vegetables (10 g): total: 27.59 grams

Dinner

Salad (5 g), 2 vegetables (10 g), half cup brown rice (1.75 g), half cup strawberries (1.6 g), cup cantaloupe (1.28 g), half cup pinto beans (7 g): total: 26.63 grams

10. Big Picture

All the previous examples consist of fruit, vegetables, nuts, beans, whole grains, and rice. Nothing out of a box, bag, can, or microwave. Yes, it is a lot of fruit, but we are supposed to eat 5-6 servings per day.

Yes, this is a lot of vegetables, but we are supposed to eat 5-6 servings of vegetables every day. We have been programmed to eat a piece of fruit here and a veggie there.

To get the 35-40 grams of fiber we all need, you have to have a diet that mirrors what is listed above.

There are numerous resources on the web to learn about these fruits and vegetables, and how to prepare them in a flavorful fashion. Test and be creative when preparing vegetable dishes.

That's all there is to it

Step outside of your comfort zone. Read, educate, plan, and experiment. You can reach these goals.

As always, let me know what you think.

-Dr. Joe Galati

Fruits	Serving size	Fiber (grams per serving)
Apple w/skin	1 medium	3.7
Apple w/o skin	1 medium	2.4
Applesauce	½ cup	2.0
Apricots	3 medium	2.5
Banana	1 medium	2.7
Blueberries (raw)	1 cup	4.0
Cantaloupe	1 cup (pieces)	1.3
Cherries	10 cherries	1.3
Fruit salad/fruit cup	½ cup	1.3
Grapefruit	½ medium	1.3
Grapes	1 cup	1.2
Honeydew melon	1 cup (pieces)	1.0
Mandarin oranges	½ cup	1.0
Nectarine	1 medium	2.2
Orange	1 medium	3.0
Peach	1 medium	1.7
Pear	1 medium	4.0
Pineapple	1 cup (pieces)	2.0
Plum	1 medium	1.0
Prunes (dried)	10 prunes	6.0
Raisins (seedless)	2/3 cup	4.0
Raspberries	1 cup	8.4
Strawberries	1 cup	3.4
Tangerine	1 medium	2.0
Watermelon	1 cup (pieces)	0.8

Vegetables	Serving size	Fiber (grams per serving)
Artichoke, boiled	1 medium	6.2
Asparagus, boiled	½ cup (6 spears)	1.4
Baked beans	1 cup	14.0
Broccoli, boiled	½ cup	2.3
Brussels sprouts, boiled	½ cup	2.0
Carrot	1 medium	2.0
Cauliflower, boiled	½ cup	1.7
Celery	1 stalk (7 inch)	0.7
Coleslaw	½ cup	1.0
Corn, on the cob	1 ear	2.0
Cucumber	½ cup (slices)	0.5
Eggplant, boiled	½ cup	1.0
Green beans, boiled	½ cup	2.0
Lima beans, boiled	1 cup	13.2
Lettuce	½ cup (pieces)	0.5
Mushrooms	½ cup (pieces)	0.4
Onions, boiled	½ cup	1.0
Peas, green	½ cup	4.0
Pinto beans, boiled	1 cup	14.7
Potato, baked w/ skin	1 medium	5.0
Potato, boiled	1 medium	2.0
Potato salad	½ cup	1.6

FIBER IN FOODS CHART

Appendix cont.

Vegetables (cont.)	Serving size	Fiber (grams per serving)
Pumpkin, canned	½ cup	5.0
Spinach, boiled	½ cup	2.2
Spinach, raw	½ cup	0.8
Squash, winter	½ cup	3.0
Sweet potato, baked	1 medium	3.0
Tomato, raw	1 medium	1.0

Cereal	Serving size	Fiber (grams per serving)
All-Bran, Kellogg's	½ cup	10.0
Alpha-Bits	1 cup	1.0
Banana Nut Crunch	1 cup	4.0
Bran Buds, Kellogg's	1/3 cup	12.0
Cheerios	1 cup	3.0
Corn Pop	1 cup	0.0
Cracklin' Oat Bran, Kellogg's	¾ cup	5.6
Cream of Wheat	1 pack	1.0
Fiber One, General Mills	½ cup	13.0
Frosted Mini-Wheats	5 biscuits	5.0
Honey Nut Cheerios, General Mills	1 cup	2.0
Instant Oatmeal	1 pack	3.0
Multi-Grain Cheerios	1 cup	3.0
Quaker Shredded Wheat	3 biscuits	7.3
Raisin Bran, General Mills	¾ cup	3.0
Raisin bran, Kellogg's	1 cup	8.2

Breads/Grains	Serving size	Fiber (grams per serving)
Bagel (most bagels)	1 bagel	1.5
English muffin, Thomas	1 muffin	1.5
French bread	1 slice	0.5
Italian, Bakery Light	1 slice	2.5
Multi-grain	1 slice	1.5
Pancakes	1 medium-large	1.0
Pita, white	1 6" diameter	1.0
Seven grain, Bran'ola	1 slice	3.0
Wheat, Bakery Light	1 slice	2.5
White	1 slice	1.0
Whole wheat	1 slice	2.0

Pasta	Serving size	Fiber (grams per serving)
Elbow macaroni, Golden Grain	½ cup	2.0
Macaroni	1 cup	1.8
Macaroni, whole wheat	1 cup	4.0
Spaghetti, whole wheat	1 cup	6.3
Brown rice, long grain	1 cup	3.5
White rice	1 cup	1.0