



Calorie Control Council
HEALTHY EATING & EXERCISE FOR LIFE™

Fiber FACTS

Where are fibers found?

Fruit, vegetables, legumes, nuts, and whole grains contain fibers. Fibers can also be added to your favorite foods and beverages.

What kinds of products can fiber be added to?

Added fibers can now be found in numerous foods, including yogurt, cereals, breads, fruit juices, milk, tortillas, baked goods, ice cream, hard and chewy candies, and nutrition supplement bars and beverages.

What are the health benefits of fibers?

Fibers have several well-documented health benefits and additional benefits are being researched. Fibers reduce constipation and promote colon health, reduce the risk of cardiovascular disease by lowering cholesterol, and help to maintain normal blood sugar levels after a meal. Dietary fibers may also increase satiety and, although more research is needed to confirm, emerging science indicates some fibers may help maintain normal blood pressure or have a protective effect against certain cancers.

The health benefits of dietary fiber are recognized by experts worldwide. Different fibers have different benefits, so consuming a variety of fibers is important.



Is all fiber the same?

No. There are different kinds of dietary fiber and each type provides health benefits in at least one of three ways: bulking, viscosity, and fermentation. Fibers that provide bulk (generally insoluble fibers) increase the mass of the stool and assist in reducing constipation and improving regularity. Viscous soluble fibers provide viscosity in the gastrointestinal tract which helps lower blood cholesterol and help maintain blood glucose levels in the normal range. Prebiotic fibers are fermented in the colon and stimulate the growth of good bacteria in the intestine. Although many dietary fibers provide more than one benefit,

no one fiber provides all of them. Consequently, it is important to eat a variety of dietary fibers to maximize health benefits.

Will eating foods with added fiber provide the same benefits as eating foods with naturally occurring fiber?

Yes! Many studies have demonstrated that naturally occurring and added fibers have the same benefits, such as helping to lower blood cholesterol, maintaining blood glucose levels in the normal range, and assisting with weight management. Since different fibers provide different benefits, it is important to consume a variety of fibers.

www.fiberfacts.org

How much fiber should be consumed?

According to the Institute of Medicine, adult women should aim to consume 21-29 grams of fiber a day and adult men should aim to consume 30-38 grams a day (general rule of thumb is that for every 1000 calories consumed, one should consume 14 grams of fiber).

According to the Dietary Guidelines for Americans, most Americans consume only half the amount of dietary fiber they need on a daily basis.



Finding Fiber on the Nutrition Facts Panel

Look for foods that contain fiber. Foods labeled with a “high in fiber” claim contain 20% or more of the Daily Value for fiber. Foods that are a “good source” of fiber contain 10-19% of the Daily Value for fiber.

Nutrition Facts

Serving Size 1 Bar (38 g)
Serving Per Container 6

Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4 g	6%
Saturated Fat 2 g	10%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 55 mg	2%
Total Carbohydrate 26 g	9%
Dietary Fiber 9g	35%
Sugars 7g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 10%	•	Iron 4%
Vitamin E 20%	•	Zinc 28%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: CHICORY ROOT FIBER, ROLLED OATS, CRISP RICE, SUGAR, SEMISWEET CHOCOLATE, INULIN, CANOLA OIL, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF HONEY, COCOA, SALT, GUM ARABIC, BAKING SODA, NATURAL AND ARTIFICIAL FLAVOR.

What are some fibers to look for in a product’s ingredients?

▶ Fibers with a bulking effect include:

- methylcellulose
- carboxymethylcellulose
- hydroxypropyl methylcellulose
- wheat bran (cellulose)

▶ Viscous soluble fibers include:

- arabinoxylan
- beta-glucan
- guar gum
- pectin

▶ Fermentable fibers include:

- arabinoxylan
- beta-glucan
- carboxymethylcellulose

- cellulose
- fructo-oligosaccharides
- galacto-oligosaccharides
- guar gum
- hydroxypropyl methylcellulose
- inulin
- methylcellulose
- oligofructose
- pectin
- polydextrose
- polyfructans
- psyllium
- resistant dextrins
- resistant maltodextrins
- resistant starches
- soluble corn fiber