



### Five reasons for you to increase your dietary fiber intake from healthy foods.

In addition to vitamins and minerals, dietary fiber is another essential nutrient that our body requires to maintain good health. Dietary fiber can be found from food sources such as whole grain products, vegetables and fruits. For a general adult, a 25 gram fiber recommendation is suggested to maintain good health. There are five reasons for you increase your and your household intake of dietary fiber from healthy food sources.

First, foods rich in dietary fiber tend to provide more satiety and delaying hunger. By eating the same amount of food, you will get more satiety from choosing, for example, brown rice than white rice. Therefore, fiber rich foods can assist to control over-eating and appetite, thus to assist weight control and prevent obesity.

Second, dietary fiber rich foods may protect against heart diseases and stroke. Soluble fiber, rich in oatmeal, oat bran, barley, legume and fruit, assists to lower blood cholesterol in addition to a low fat diet.

Third, for those people have higher intake of dietary fiber, they may have a lower chance of getting colon cancer. It may due to the promotion of bowel movement and removal of carcinogens by dietary fiber indigestible content. Some studies suggest that the fermented fiber produces a better pH value to our colon, thus decreasing the colon cancer risk.

Fourth, dietary fiber enhances the wellness of our gastrointestinal tract (gut). It helps to prevent and relieve constipation, hemorrhoids, and diverticulitis (inflammatory of gut). Foods rich in insoluble fiber are such as cereal bran, vegetables and fruits. It can enlarge the stools, thus assisting and easing on the bowel transition time.

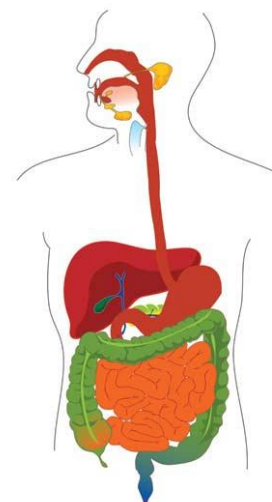
Fifth, dietary fiber assists to slow down the glucose absorption, aiding people with diabetes to prevent glucose surge.

#### Dietitian tips:

1. Increase your dietary fiber gradually over several weeks to provide adaption and avoid GI distress.
2. Drink lots of water/fluid along with dietary fiber intake to prevent hard stools.
3. Increase your dietary fiber intake via varieties of whole grain, fruits, vegetable and legumes.

#### Recommendation:

- 25 gram dietary fiber for general adult
- Age plus 5 gram for children



Whole Grain	Gram of Fiber	Fruits	Gram of Fiber	Vegetables	Gram of Fiber	Legumes	Gram of Fiber
Brown Rice, cooked, 1 bowl	4.5	Apple, 1 medium	4.4	Broccoli, cooked ½ bowl	2.6	Soybeans, cooked, ½ Bowl	5.2
Wholegrain bread, 1 slice	3.4	Banana, 1 medium	3.1	Com kernels, cooked ½ bowl	2.0	Red kidney beans, cooked, ½ bowl	6.5
Oatmeal 1/3 Bowl	2.7	Dried Prunes, 3	2.0	Green peas, cooked, ½ Bowl	4.4	Mung beans, cooked, ½ bowl	7.7

#### Contact Information

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