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KFAS

مؤسسة الكويت للتقدم العلمي
King Fahd Foundation for the Advancement of Sciences

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Center



FIBER FACTS

The Nutrition Unit

HOW MUCH FIBER DO WE NEED?

It is recommended to choose *fiber* sources from whole foods, however, supplements can also be helpful, for example psyllium husk.



WOMEN

21-25 GRAMS PER DAY



MEN

30-38 GRAMS PER DAY

FIBER ADVICE



DRINK ENOUGH WATER so that fiber can pass easily through the intestines.



INCREASE FIBER INTAKE GRADUALLY in order to avoid uncomfortable gut symptoms.



PLANT FOODS ARE GOOD SOURCES OF FIBER, so try to incorporate these foods daily:



FRESH FRUITS AND VEGETABLES



BEANS



WHOLEGRAIN BREAD



BRAN PRODUCTS



NUTS AND SEEDS

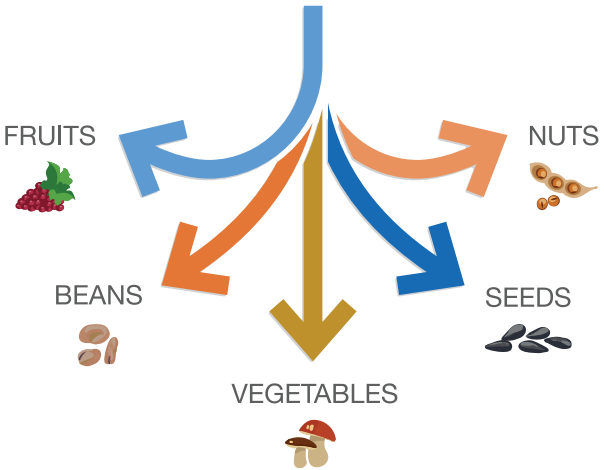


BROWN RICE



SOURCES OF FIBER

Sources of fiber come from plant-based foods such as:



Blood sugar control



Increasing feelings of fullness



BENEFITS OF FIBER:

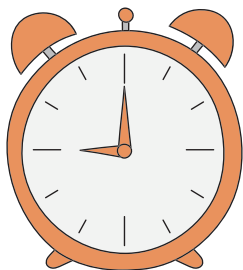


Lowering cholesterol



Managing constipation

EXAMPLES OF HIGH FIBER FOODS

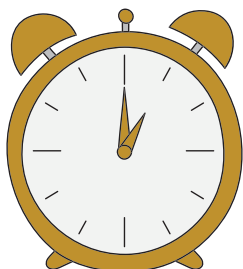


BREAKFAST

½ cup bran flakes
or oats
+ ¾ cup berries



16 GRAMS

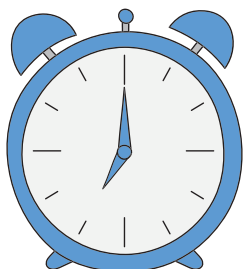


LUNCH

2 slices of wholewheat
+ 1 small apple



6 GRAMS



DINNER

1 cup broccoli
+ 2 cup brown rice

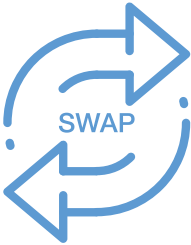


8 GRAMS

TOTAL: **30** GRAMS
OF FIBER



WAYS TO INCREASE FIBER INTAKE

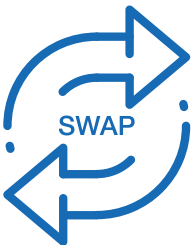


WHITE BREAD

with



BROWN OR
WHOLE WHEAT BREAD



JUICES

with



FRESH FRUIT



BERRIES OR NUTS

to



MAIN MEALS OR
SIDE DISHES



BEANS

to



RICE

SWITCHBOARD:
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