FIBER FAQS

What is dietary fiber?

Dietary fiber includes polysaccharides, oligosaccharides, lignin, and associated plant substances that are not digested by the body. Importantly, there is also a physiological basis for the definition of fiber as fibers promote beneficial effects including laxation, reducing the risk of cardiovascular disease by lowering blood cholesterol levels, helping to maintain normal blood glucose levels, and/or colonic fermentation. It is important to consume a variety of fiber types every day to help the body function optimally.

Where are fibers found?

Fruit, vegetables, legumes, nuts, and whole grains contain fiber. Fibers are also added to many of your favorite foods and beverages.

What is added fiber?

Added fiber is fiber that has been added to foods and beverages to increase the fiber content in order to increase health benefits.

What are the health benefits of fiber?

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 blood cholesterol, and help to maintain normal blood sugar levels. Dietary fibers may also increase satiety, and emerging research indicates some fibers may help maintain normal blood pressure or have a protective effect against certain cancers. Different fibers have different benefits so consuming a variety of fibers is important for good health.

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

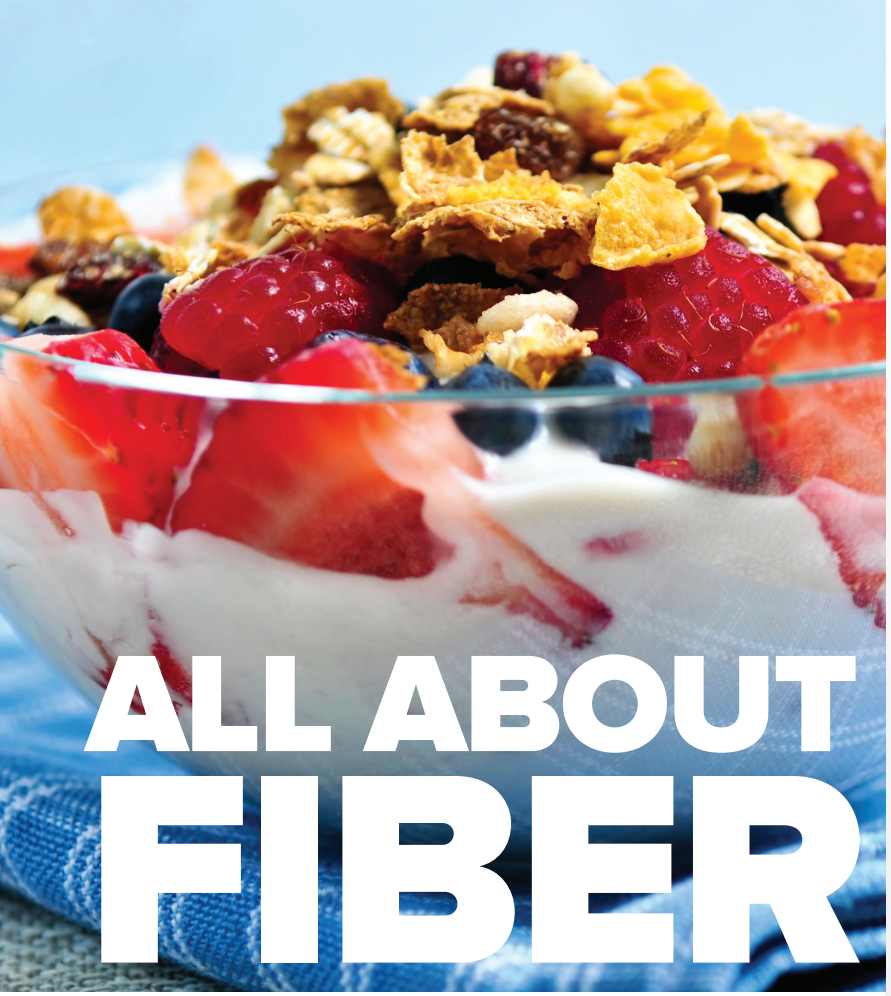
Yes! Many studies have demonstrated the same benefits from supplemental fiber like lower cholesterol, attenuation of blood sugar after meals, and assistance in weight management. Because different types of fiber deliver different benefits, look for dietary fibers with evidence of the specific benefits you are looking for and, importantly, consume a variety of fibers.

Will eating foods with fiber make me gassy?

It depends. Gas is a natural product of fermentation in the large intestine so the amount of gas produced will depend on the fiber's fermentation characteristics. Most insoluble fibers won't produce gas because they are not fermented. However, some people do experience flatulence when they eat more fermentable fiber than they are accustomed to consuming. With a diet rich in fermentable fiber, there may temporarily be an increase in gas, but the body eventually adapts. One tip to help reduce flatulence is to increase fiber intake gradually. If you are accustomed to a high fiber diet, you likely won't notice any difference when you eat foods with added fiber.

Find more information on fiber at
www.fiberfacts.org

Calorie Control Council
HEALTHY EATING & EXERCISE FOR LIFE™



ALL ABOUT FIBER

Most people can tell you that they should be eating fiber, but few actually know what fiber is.

While there are various definitions of dietary fiber, there is general agreement that fiber is the plant material that cannot be digested by humans.

It is important to eat a wide range of dietary fibers from different sources to obtain the benefits of different types of dietary fibers.

A variety of fibers are needed every day for the body to function well.

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FINDING FIBER ON THE NUTRITION FACTS PANEL

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.

Look for foods that contain a good source of fiber. Foods that provide a good source of fiber should contain 10% or more of the Daily Value for fiber.

Look for foods that contain the fibers below.

- Arabinoxylan
- Beta-glucan
- Carboxymethylcellulose
- Cellulose
- Chicory Root Fiber
- Fructo-oligosaccharides
- Galacto-oligosaccharides
- Hydroxypropyl-Methylcellulose
- Inulin
- Methylcellulose
- Resistant maltodextrin
- Oligofructose
- Pectin
- Polydextrose
- Polyfructans
- Resistant starch

Calorie Control Council
www.caloriecontrol.org