



CONTACT NEMS 聯絡東北: 1-888-500-1886 WWW.NEMS.ORG

### WHAT IS DIETARY FIBER?

Dietary fiber refers to the carbohydrate that your body cannot digest or absorb. It is found only in plant-based foods, such as grains, vegetables, and fruits.

### BENEFITS OF A HIGH FIBER DIET

- Helps keep regular bowel movements and prevent constipation
- Aids in digestion
- Lowers cholesterol level
- Helps control blood sugar level
- Provides a feeling of fullness and aids in keeping a healthy weight
- May reduce risk of colon cancer, heart disease, and Type 2 Diabetes



### HOW MUCH FIBER DO I NEED?

Age group	Fiber Intake (gm)
<b>Children</b>	
1 – 3 yrs. old	19
4 – 8 yrs. old	25
<b>Male</b>	
9 – 13 yrs. old	31
14 – 50 yrs. old	38
Over 50 yrs. old	30
<b>Female</b>	
9 – 18 yrs. old	26
19 – 50 yrs. old	25
Over 50 yrs. old	21
Pregnant women	28
Breastfeeding women	29



#### Sources:

- Mayo Clinic
- Institute of Medicine
- US Department of Agriculture Nutrient Database for Standard Reference
- Myfitnesspal

### TIPS TO INCLUDE MORE FIBER IN YOUR DIET:

- Start your day with high-fiber breakfast.
- Eat at least half of all grains as whole grains.
- Eat at least 3 servings of vegetables every day. Mix more vegetables into your soup and meat dishes.
- Eat at least 2 servings of fruits every day.
- Experiment with legume. You can add beans to your soup, salad, rice or even substitute your meat dish.
- Snack on fresh fruits, raw vegetables, low-fat popcorn, whole-grain crackers and occasional handful of nuts and dried fruit.
- Add ground flaxseed powder or Chia seed to oatmeal, shakes, or yogurt to boost fiber content.
- Increase your fiber slowly to avoid any stomach discomfort, such as gas and bloating.
- Drink plenty of water along with your high fiber diet to prevent constipation.



### Boost Up Fiber in Your Diet

Instead of ...	Try ...
½ cup applesauce (1.5 g fiber)	<b>1 medium apple with skin (4.4 g fiber)</b>
1 cup rice porridge (0 g fiber)	<b>1 cup oatmeal (4 g fiber)</b>
1 cup white rice (0.6 g fiber)	<b>1 cup brown rice (3.5 g fiber)</b>
1 pineapple bun (1 g fiber)	<b>2 slices whole wheat bread (3.8 g fiber)</b>
1 cup corn flake (0.9 g fiber)	<b>1 cup bran flakes or raisin bran cereal (7 g fiber)</b>
1 cup iceberg lettuce (0.9 g fiber)	<b>1 cup cooked spinach (4.3 g fiber)</b>
1 oz Cashews (0.9 g fiber)	<b>1 oz Almonds (3.5 g fiber)</b>
1 cup sprouted Mung bean (1.9 g fiber)	<b>½ cup cooked Mung bean (7.7 g fiber)</b>



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### 什麼是膳食纖維素?

膳食纖維素是指不能被我們身體消化或吸收的碳水化合物。膳食纖維素只能在來自於植物的食品中找到，例如穀類、蔬菜和水果中。

### 高纖維素飲食的好處

- 幫助正常的排便和預防便秘
- 幫助消化
- 降低膽固醇水平
- 幫助控制血糖水平
- 增加飽腹感和幫助保持健康的體重
- 可能可以減低患上大腸癌、心臟病和 2 型糖尿病的機會



### 我需要多少纖維素?

年齡組	需要的纖維素(克)
<b>兒童</b>	
1 - 3 歲	19
4 - 8 歲	25
<b>男性</b>	
9 - 13 歲	31
14 - 50 歲	38
50 歲以上	30
<b>女性</b>	
9 - 18 歲	26
19 - 50 歲	25
50 歲以上	21
懷孕的婦女	28
哺乳期的婦女	29



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### 如何在你的飲食中添加更多的纖維素:

- 吃一個高纖維的早餐來開始你的一天。
- 每天吃的穀類中應該有一半是來自於全穀類。
- 每天至少吃 3 份蔬菜。在你的湯和肉類菜式中加入更多的蔬菜。
- 每天至少吃 2 份水果。
- 嘗試增加豆類食品。你可以在湯、沙律和飯中加入豆類，甚至可以用豆類代替肉類食物。
- 可用水果、蔬菜、低脂爆谷，全穀的餅乾、或偶然用一小撮果仁和乾果作為零食。
- 在麥片、奶昔或酸乳酪中加入亞麻籽粉或奇亞籽來增加纖維素。
- 應該慢慢地增加纖維素的攝入量去避免腸胃不寧，如腹脹或放屁。
- 食用高纖維素飲食的同時要和喝充足的水來避免便秘。



### 如何增加纖維素

代替...	而去嘗試...
½ 杯蘋果醬 (1.5 克纖維素)	1 個中等大小的蘋果 (連皮吃) (4.4 克纖維素)
1 杯白粥 (0 克纖維素)	1 杯麥片 (4 克纖維素)
1 杯白米飯 (0.6 克纖維素)	1 杯糙米飯 (3.5 克纖維素)
1 個菠蘿包 (1 克纖維素)	2 塊全麥麵包 (3.8 克纖維素)
1 杯玉米片 (0.9 克纖維素)	1 杯麥片或葡萄乾麥片 (7 克纖維素)
1 杯包生菜 (0.9 克纖維素)	1 杯熟的菠菜 (4.3 克纖維素)
1 安士腰果 (0.9 克纖維素)	1 安士杏仁 (3.5 克纖維素)
1 杯芽菜 (1.9 克纖維素)	½ 杯熟綠豆 (7.7 克纖維素)

