

Nutrition Facts

Serving Size 1 cup (253g)
Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 2g

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% ♦ Vitamin C 2%

Calcium 15% ♦ Iron 4%

* 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	300g
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

An easy way to monitor the amount of fiber consumed is to look at the numbers in the % Daily Value column on the Nutrition Facts Panel.

Foods that contain at least 20 percent of fiber per serving contribute high amounts of fiber.

Foods that contain 5 percent or less fiber per serving provide minimal amounts of fiber.

Dietary Guidelines recommend...

Make half your grains whole grains

What is dietary fiber?

Dietary fiber is a part of plant foods that the body cannot digest. The two major types of dietary fiber are insoluble fiber and soluble fiber. Insoluble fiber, which does not dissolve in water, moves more quickly through the digestive system than soluble fiber and helps to prevent constipation and hemorrhoids. It also creates a feeling of fullness. Soluble fiber, which does dissolve in water, can help lower blood cholesterol and glucose levels.

Why is dietary fiber important?

Dietary fiber has been shown to promote a healthy body in numerous ways. A high-fiber diet may reduce the risk of developing type 2 diabetes, reduce the risk for some cancers and other types of disorders, and help with weight control.

Diabetes

Dietary fiber can help lower blood cholesterol levels and slow the absorption of sugar, which for people with diabetes may decrease the need for insulin. Also, a high-fiber diet may reduce the risk of developing type 2 diabetes.

Cancer

Fiber may reduce the risk of colon cancer because insoluble fiber speeds the movement of digested food through the intestines. This may reduce the time the colon is exposed to cancer-promoting substances formed during digestion.

Hemorrhoids, Irritable Bowel Syndrome, and Diverticulitis

By moving foods through the intestines, a high-fiber diet may lower the risk of developing hemorrhoids, irritable bowel

syndrome, and diverticulitis, a condition caused by the development of small pouches in the colon.

Weight control

A high-fiber diet tends to create a feeling of fullness and makes one feel satisfied longer. Also, high-fiber foods generally require more chewing time, slowing the eating process. This gives the body time to register when it is no longer hungry so one is less likely to overeat. High-fiber diets also tend to be less “energy dense,” meaning they have fewer calories per volume of food.

What is the recommended amount of dietary fiber?

The amount of daily dietary fiber needed depends on the number of calories eaten. For a 2,000 calorie diet it is recommended that 25 grams of fiber be consumed. For a 2,500 calorie diet the amount of fiber needed increases to 30 grams. For all calorie levels below 2,000 calories, 20 grams of fiber is the minimum amount recommended.

In general, the Dietary Reference Intakes recommend:

- 38 grams for men age 50 and younger
- 25 grams for women age 50 and younger
- 30 grams for men age 51 and older
- 21 grams for women age 51 and older

Finding fiber on the Nutrition Facts Panel

Fiber is included in the amount of total carbohydrate in a food and also is listed separately below total carbohydrate. The amount of dietary fiber in a serving of food is listed in grams (g) and as a percent Daily Value (% DV) based on how much fiber a serving contributes to a 2,000 calorie diet. Thus, the % Daily Value on the Nutrition Facts Panel is based on 25 grams.

Health food claims can be made

Many manufacturers use health claims to promote their products. These claims can only be made if a food meets strict Food and Drug Administration definitions. In reference to dietary fiber the following claims apply:

Label Claim	Definition*
Good Source of Fiber Contains Fiber Provides Fiber	at least 3 but less than 5 grams of fiber (10 to 19 % DV for fiber)
High Fiber Rich in Fiber Excellent Source of Fiber	5 or more grams of fiber (20 % DV or higher)
Other	Any product making a fiber claim must qualify for a “good source” or “high” claim; and must declare the level of total fat per serving if food is not “low fat” (3 grams or less fat)

*Per Reference Amount (standard serving size). Some claims have higher nutrient levels for main dish products and meal products, such as frozen entrees or dinners.

Quiz time!

- The recommended amount of dietary fiber per day for any age is at least 20 grams.
True **False**
- If a food claims to be high in fiber it has at least 3 grams of fiber per serving.
True **False**
- Dietary fiber plays a role in weight control and in reducing the risk of type 2 diabetes and cancer.
True **False**
- Any bread product labeled as “multigrain” or “wheat” can be considered a good source of fiber.
True **False**
- Use the food labels (below) to answer the following questions.
 - Which kind of bread is a better source of fiber, A or B?
 - What ingredient makes bread A a better source of fiber?

A. 100% Stone Ground Whole Wheat Bread

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat		1.5g	2%	Total Carbohydrate	23g 8%
Saturated Fat		0g	0%	Dietary Fiber	4g 15%
Trans Fat		0g		Sugars	5g
Cholesterol		0mg	0%	Protein	5g
Sodium		250mg	10%		
Calories 110		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			
Calories from Fat 15		Thiamin 8% • Riboflavin 4% • Niacin 8% • Folic Acid 2%			

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	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated 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

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, VITAL WHEAT GLUTEN, WHEAT BRAN, HONEY. CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SOYBEAN OIL, SALT, DISTILLED VINEGAR, DOUGH CONDITIONER (SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES, ASCORBIC ACID, ENZYMES, AZODICARBONAMIDE), WHEAT GERM, POLYSORBATE 60, WHEAT STARCH. GM 4/29/04

B. 12 Grain Bread

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat		2g	3%	Total Carbohydrate	25g 8%
Saturated Fat		0g	0%	Dietary Fiber	1g 6%
Trans Fat		0g		Sugars	4g
Cholesterol		0mg	0%	Protein	4g
Sodium		250mg	11%		
Calories 130		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 8%			
Calories from Fat 15		Thiamin 10% • Riboflavin 6% • Niacin 6% • Folic Acid 8%			

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Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BROWN SUGAR, CUT OATS, WHEAT BULGUR, HONEY. CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, RYE MEAL, MOLASSES, SALT, RAISIN JUICE CONCENTRATE, SOYBEAN OIL, MILLET, SUNFLOWER SEED, TRITICALE FLAKES, PULLED WHEAT, PARBOILED BROWN RICE, DEGERMED YELLOW CORN GRITS, BUCKWHEAT FLOUR, FLAX SEED, BARLEY FLAKES, SESAME SEED, RICE FLOUR, VITAL WHEAT GLUTEN, DISTILLED VINEGAR, DOUGH CONDITIONER (SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES, ASCORBIC ACID, ENZYMES, AZODICARBONAMIDE), POLYSORBATE 60. GM 4/29/04

Tips for “bulking” up your diet

- Start your day with a high-fiber breakfast cereal—choose one with 5 or more grams of fiber per serving.
- Switch to whole-grain breads—look for breads with whole-wheat flour or another whole grain listed as the first ingredient. Choose breads with at least 3 grams of dietary fiber per serving. Be sure to check labels on breads that say they are multigrain or wheat. Despite the name, they tend to be low in fiber.
- Adjust recipes when baking—substitute whole-grain flour for half of the white flour when baking breads and muffins.
- Eat more beans, peas, and lentils—add kidney beans to canned soup or make nachos with refried black beans, baked tortilla chips, and salsa.
- Eat fruit at every meal—apples, bananas, oranges, and berries are good sources of fiber. Dried fruit such as raisins and dates make good snacks.

5b. whole wheat flour
5a. A
4. F
3. T
2. F
1. T

ANSWERS

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