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Dasman Diabetes Institute



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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

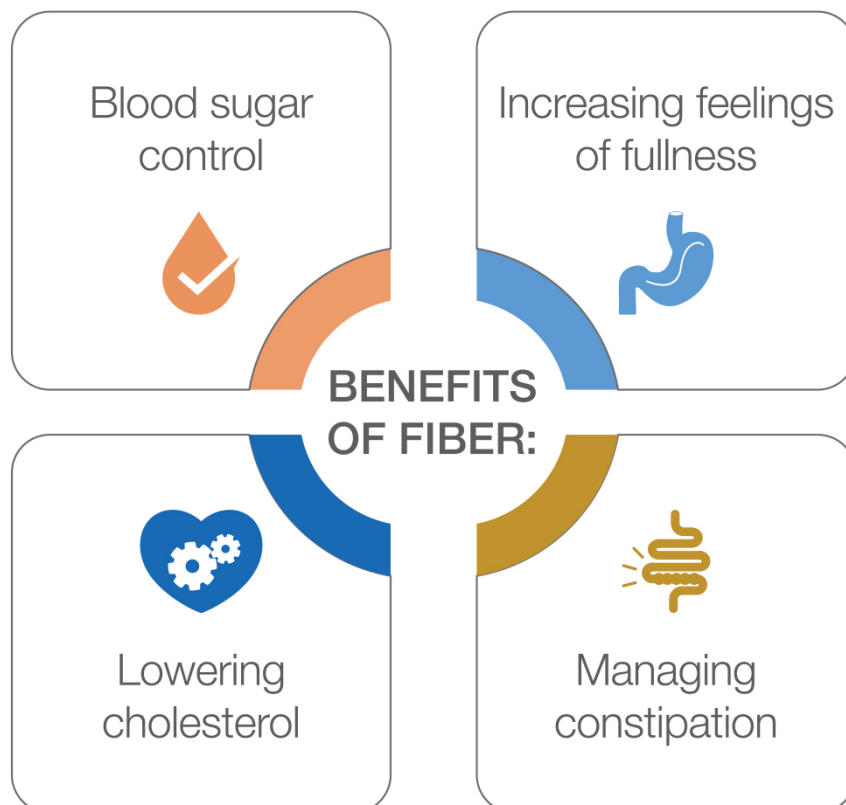
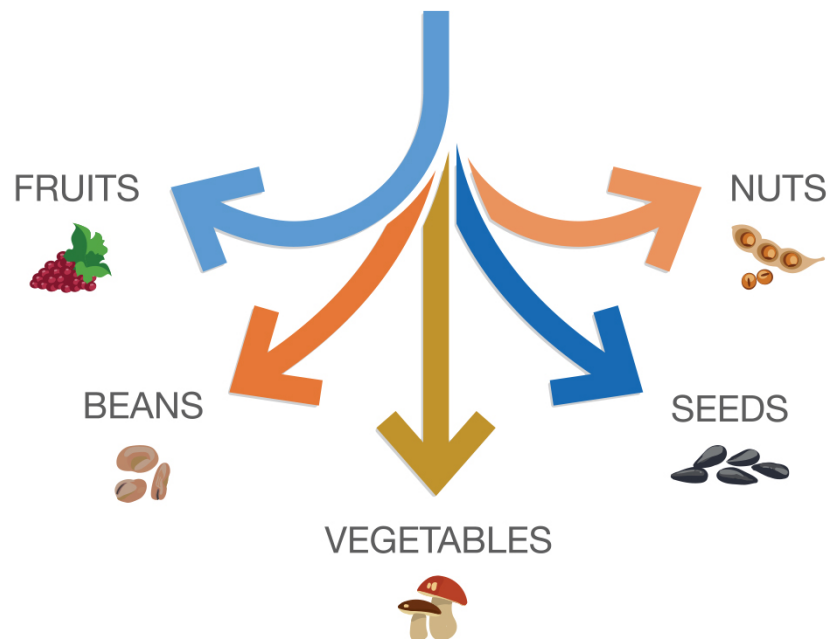


BROWN RICE

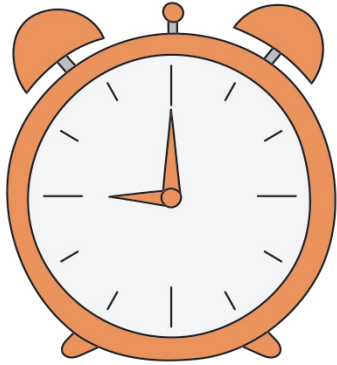


SOURCES OF FIBER

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



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

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