

Fiber comes in different forms



Soluble or insoluble



More or less viscous



Fermentable by the gut microbiome

FIBER

Fiber is an important nutrient to maintain health.

Meeting fiber recommendations has associated health benefits



lower risk of coronary heart disease



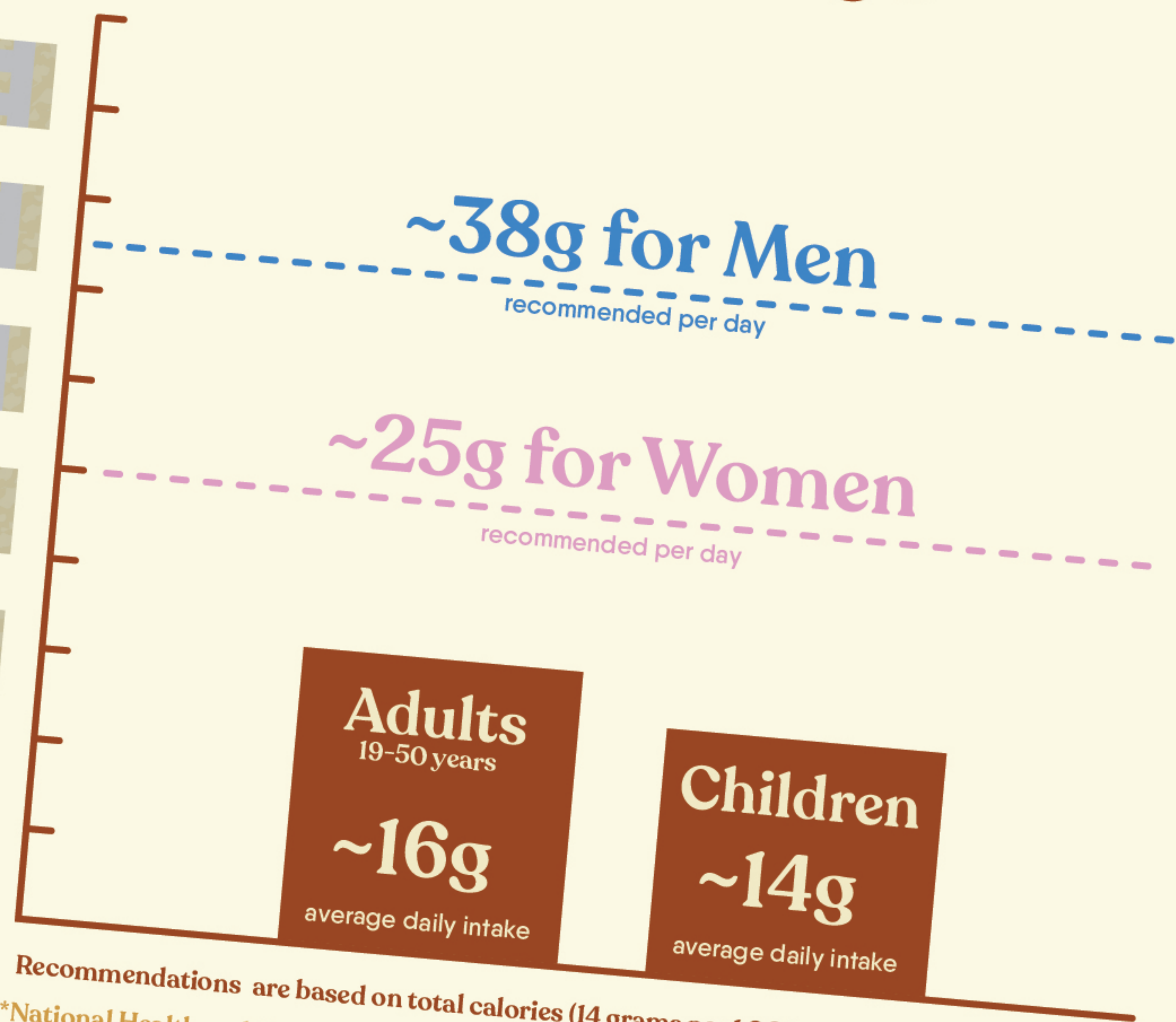
lower risk of diabetes & obesity



better digestive health

Fiber consists of specific plant carbohydrates and lignin that our bodies cannot digest. Isolated and synthetic non-digestible carbohydrates, like **pectin and inulin**, may also be considered **dietary fiber**.

In the United States, dietary fiber is a nutrient of public health concern because most people don't get enough.



Recommendations are based on total calories (14 grams per 1,000 kcals).
*National Health and Nutrition Examination Survey (NHANES) 2017 – March 2020

LESS THAN 1 IN 10 ADULTS
aged 19-50 gets enough fiber

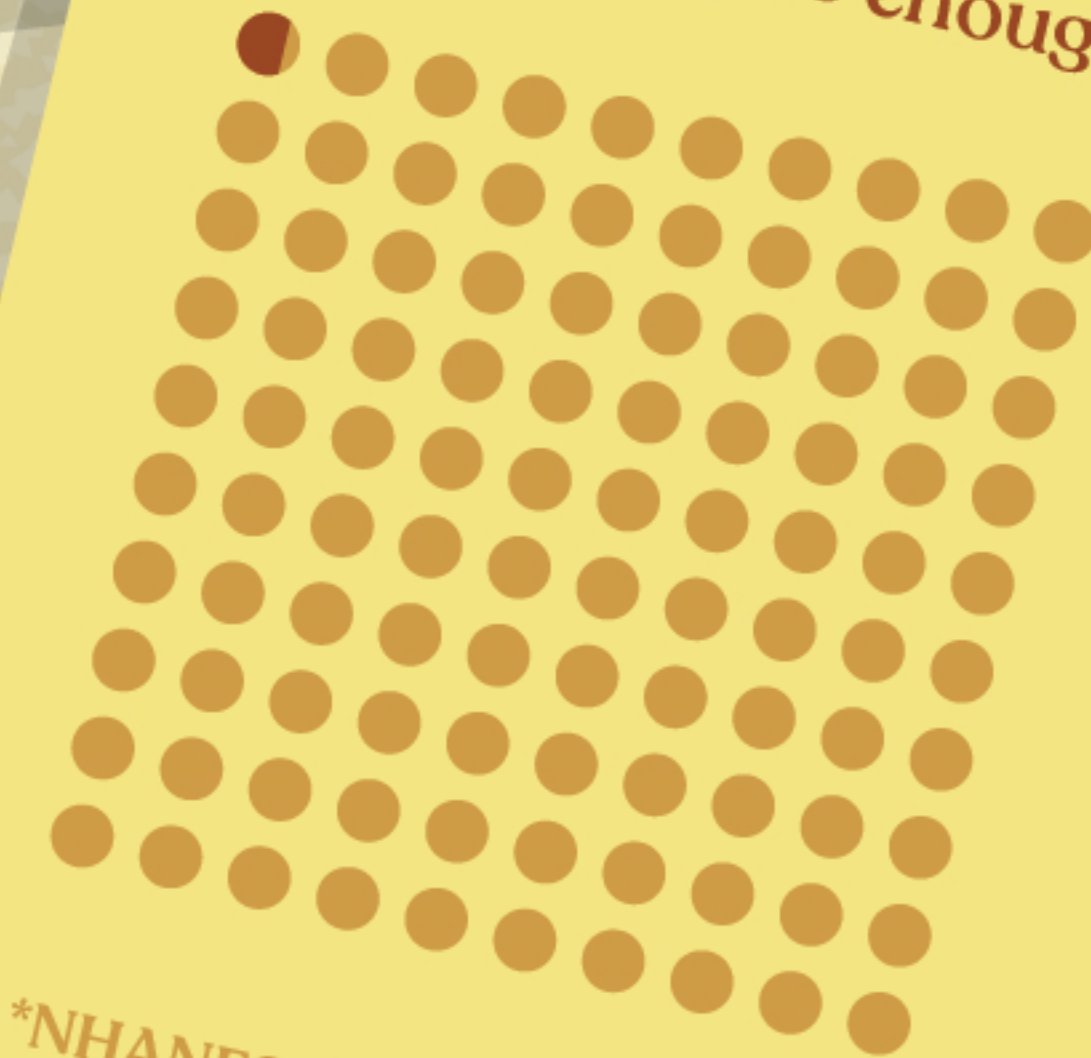


LESS THAN 1 IN 20 KIDS
aged 2-12 gets enough fiber



*NHANES 2017-March 2020
for these stats

LESS THAN 1 IN 100 TEENS
aged 13-18 gets enough fiber



*NHANES 2017-March 2020 for these stats

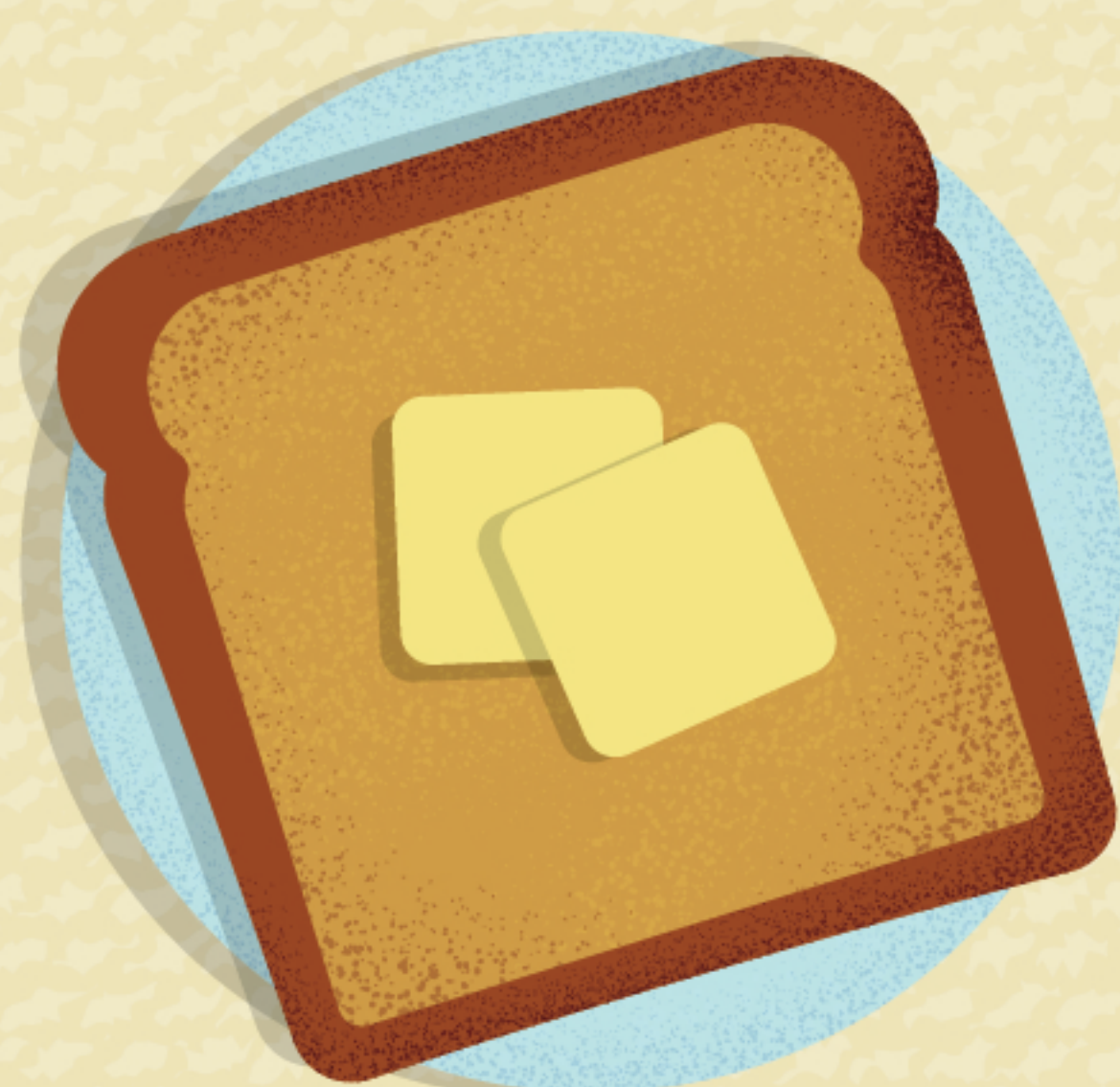
JUST OVER 1 IN 7 ADULTS
aged 51+ gets enough fiber



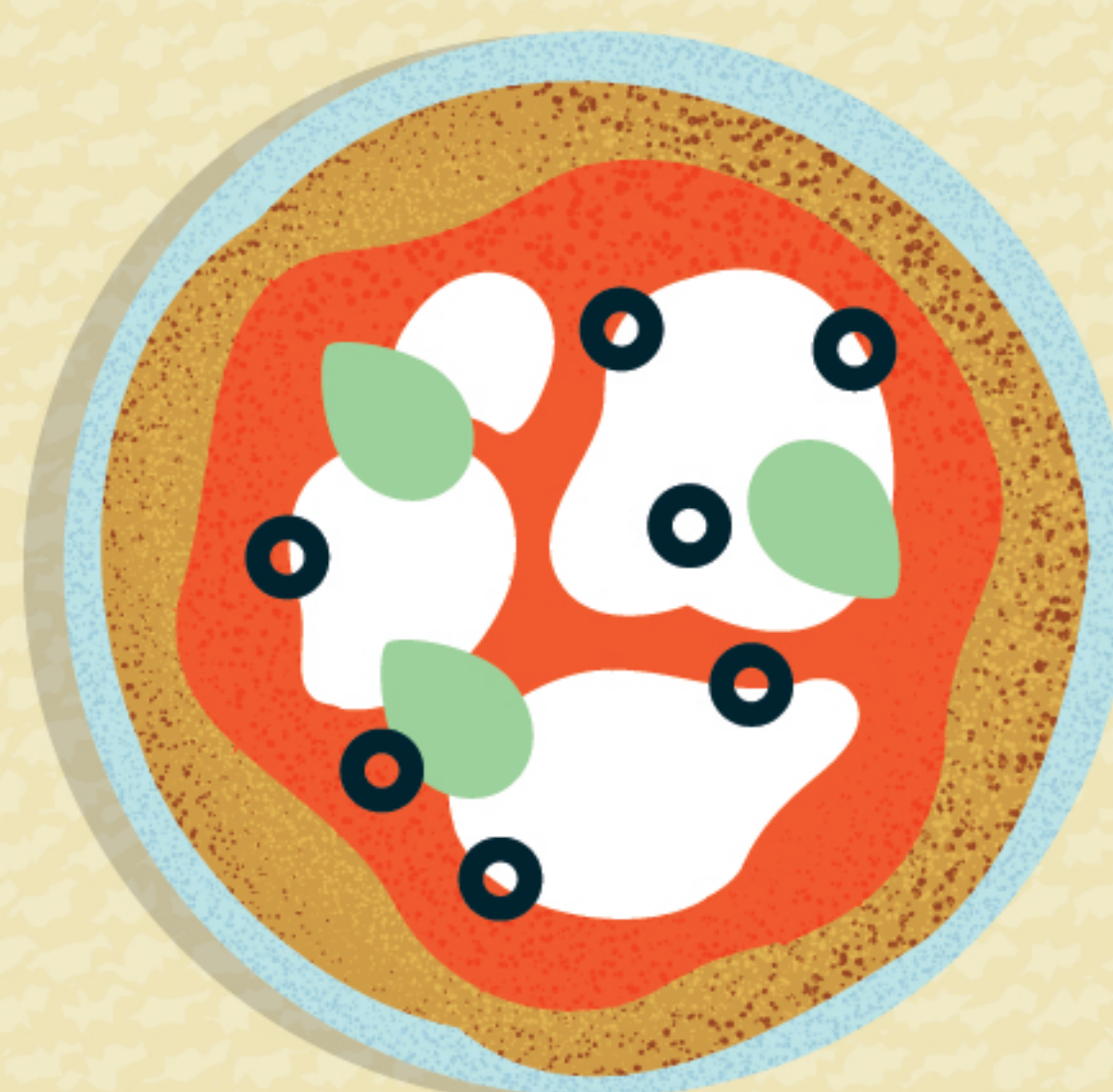
*NHANES 2017-March 2020 for these stats

Today, Americans primarily get their fiber from the following foods*:

* NHANES 2017 – March 2020



bread



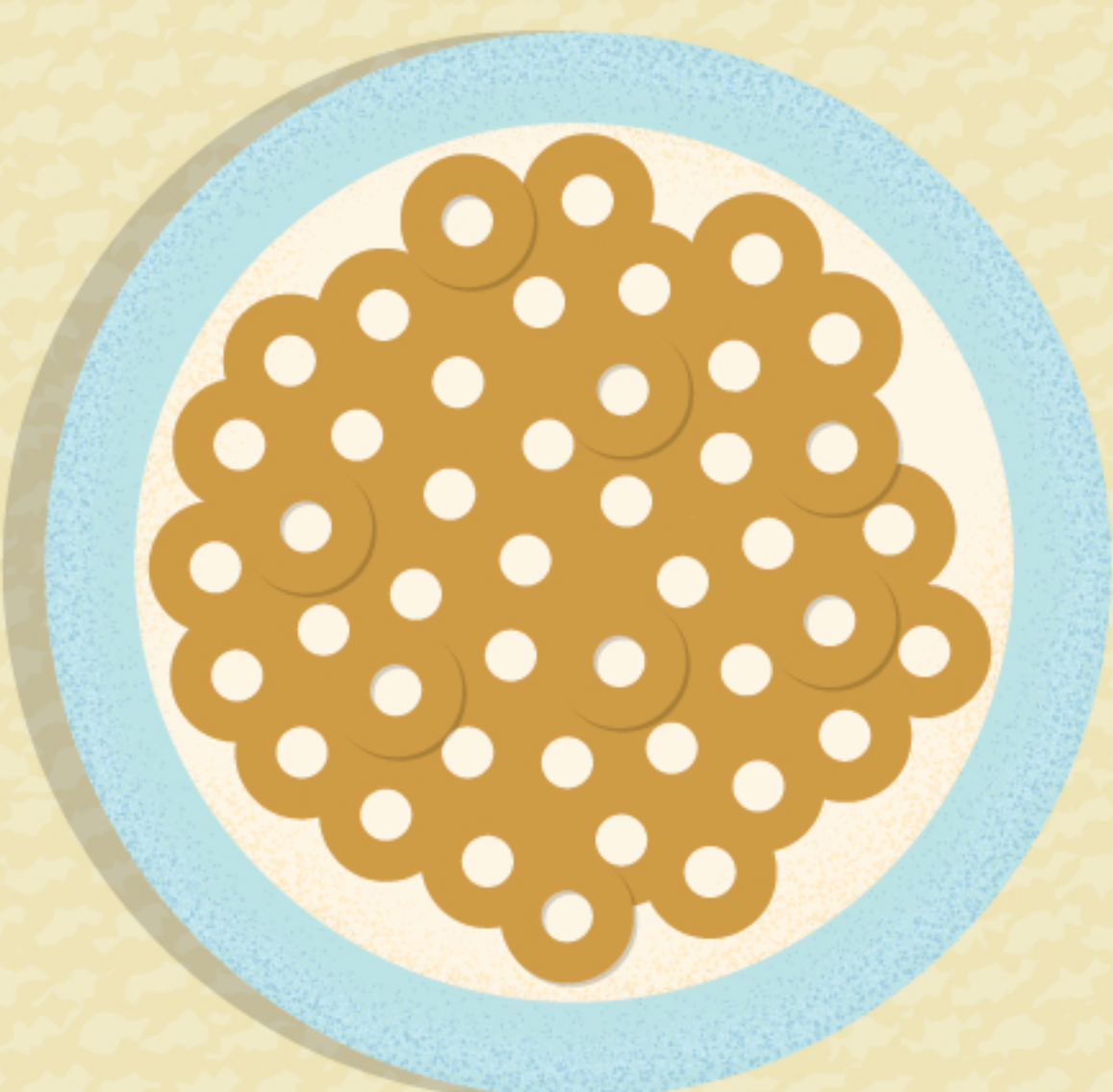
mixed dishes
(pizza, pasta, & burritos)



beans, peas, & legumes



nuts & seeds



ready to eat cereal

Kids who eat
ready-to-eat
cereal get nearly **15%**
more fiber

Adults who eat
ready-to-eat
cereal get over **13%**
more fiber

References

<https://nap.nationalacademies.org/read/10490/chapter/9#340>
<https://www.fda.gov/media/113663/download>
<https://medlineplus.gov/dietaryfiber.html>

<https://www.cdc.gov/nchs/nhanes/index.htm>
<https://www.eatright.org/health/essential-nutrients/carbohydrates/fiber>
<https://www.nutrition.va.gov/docs/UpdatedPatientEd/TypesOfFiber2019.pdf#>