

Session 3 – Fiber

I. Objectives

- Define the term fiber
- Differentiate between soluble and insoluble fiber
- Identify the different sources of fiber
- Explain the role of fiber in chronic disease

II. Introduction

The aim of session 3 is to understand the importance of consuming a high fiber diet. Dietary fibers are hard to digest so they take time for the stomach to break them down.

Because dietary fibers enter the blood slowly, it gives the pancreas lots of time to make the insulin needed to drag them out of the blood and into the cell. Dietary fiber allows the pancreas to rest while doing its work. Dietary fiber also contains other health benefits.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will ask the client what they know about fiber and take note of their response.

The health educator will educate the client.

- Fiber is difficult for the body to digest which works towards the individuals' advantage because it allows the pancreas time to release insulin gradually since fiber enters the bloodstream slowly (helps regulate blood sugars).
- Keep in mind – Insulin is what regulates blood sugar – by helping the body use or store the blood glucose it gets from food.
- Pancreas produces the hormone insulin.
- Simple carbohydrates (white bread, flour tortillas) are digested quickly and make blood sugars go up way too fast, which in turn overworks your pancreas and brings down your blood sugar.

The health educator will discuss the two types of fiber.

- Soluble fiber: Absorbs water – oatmeal, nuts, beans, apples, and blueberries.
- Insoluble fiber: Helps your bowels to stay regular, reducing constipation – whole wheat bread, brown rice, seeds, and peels.

The health educator can then give suggestions as to why fiber is beneficial to your health.

- Fiber helps control blood sugars
- Prevents constipation
- Helps in weight loss
- Lowers cholesterol levels
- Protects the pancreas from burning out
- Help to prevent heart disease
- Helps to prevent stomach ulcers
- Recommended dietary fiber intake for

adults is 25 grams to 30 grams daily, for children it is their age plus 5 grams. For example, a child nine years of age should eat 14 grams of dietary fiber per day. A banana contains 2.5 grams of fiber, an apple with skin contains 4.4 grams and a cup of cooked broccoli contains 5.1 grams of fiber.

V. Activity

Record the number of servings of fruits, vegetables, and whole grains (tortillas, breads, cereals) consumed daily.



Weekly Log: Fiber Consumed

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits							
Non – starchy vegetables							
Whole Grains							
Daily Total							

