

Fiber



**ASSIGN
BUSTER**

Fiber What is the function of fiber in the body? “ Dietary fiber from whole grains ... helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories and so help with weight management” (Whole Grains and Fiber, 2010, para. 5). What are some examples of food sources of dietary fiber? Some examples of food sources of dietary fiber are foods made from grain products such as rice, oats, corn or other cereals. Whole-wheat flour, bread, pasta, oatmeal and grit are all grain products and therefore contain fiber. (Whole Grains and Fiber, 2010, para. 1) What is the difference between soluble and insoluble fiber? Fiber can be “ characterized by its solubility in the intestines. Soluble fibers have a high water holding capacity while insoluble fibers do not. “ Despite the potential confounding of these classifications, both soluble and insoluble forms of fiber are important and appear to have different health properties in at least some settings” (Van Horn, 1997, para. 3 and 5). What are the fiber recommendations for children versus adults, according to the article? Van Horn (1997, para. 17) indicates that children should get the majority of calories from complex carbohydrates. However, because of concerns relating to growth and energy it has been suggested by Pediatricians that the “ age plus 5” rule be observed. This means that if a child is five years old then he or she should consume $5 + 5 = 10$ g of fiber per day. Once the child’s intake of calories approaches that of an adult (1500 calories or more) then a total of no more than 25g is recommended (Van Horn, 1997 para. 18). A recent article suggests that children 1 - 3, 4 to 8, 9 to 13 and 14 to 18 should have 19g, 25g, 26 to 31g; and 29 to 38g respectively (Fiber & Children’s Diet (n. d). para. 2). The recommended intake of fiber for adults is 25 to 30g per day.

References American Heart Association (2010). Whole Grains and Fiber. heart. org. Retrieved January 7, 2010, from http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Whole-Grains-and-Fiber_UCM_303249_Article.jsp American Heart Association (n. d). Fiber and Children's Diets. heart. org. Retrieved January 7, 2010, from <http://www.americanheart.org/presenter.jhtml?identifier=4608> Van Horn, L (1997) Fiber, Lipids, and Coronary Heart Disease: A Statement for Healthcare Professionals from the Nutrition Committee, American Heart Association. American Heart Association Journal, 95. Retrieved January 7, 2010, from <http://circ.ahajournals.org/cgi/content/full/95/12/2701>