

The Healing Nutrients

Soluble Fiber

What it Does

Soluble fiber, as opposed to insoluble fiber, dissolves in water. Soluble fiber includes pectin, gums, and mucilage. Soluble fiber helps to stabilize blood sugar by slowing down the absorption of carbohydrate. It can also lower blood cholesterol levels as much as 15% as well as triglyceride levels.

How Much Soluble Fiber You Need

The recommendation for total dietary fiber is 20-35 grams a day. The recommendation for soluble fiber is 10-15 grams a day, or about half of the total.

Where You Find Soluble Fiber

		<u>cal</u>	<u>fat (gm)</u>	<u>soluble fiber (gm)</u>
Black-eyed peas	1 cup	266	0	7.4
Green Peas	1 cup	136	0	5.4
Kidney beans	1 cup	284	0	5.0
Pinto Beans	1 cup	310	0	4.6
Lentils	1 cup	234	0	3.4
Split Peas	1 cup	238	0	3.4
Corn	1 cup	180	2	3.4
Sweet Potato	1 cup	208	0	2.6
Cauliflower	1 cup	30	0	2.6
All Bran	1/2 cup	106	1	2.5
Oat Bran, dry	1/3 cup	110	2	2.0
Prunes	1/4 cup	113	0	1.9
Oat Bran Muffin	1	154	4	1.6
Oatmeal, cooked	1 cup	146	2	1.6