

# Fiber – how much you need and common dietary sources

## What is fiber?

Dietary fiber consists of carbohydrates and lignin that are resistant to digestion by endogenous enzymes produced by the human small intestines. This includes nondigestible oligosaccharides (carbohydrates with 3-9 monomeric subunits) and polysaccharides.<sup>1,2</sup> Dietary fiber has a number of benefits including: maintenance of gut health, lowering cholesterol levels and controlling blood sugar levels.<sup>3</sup>

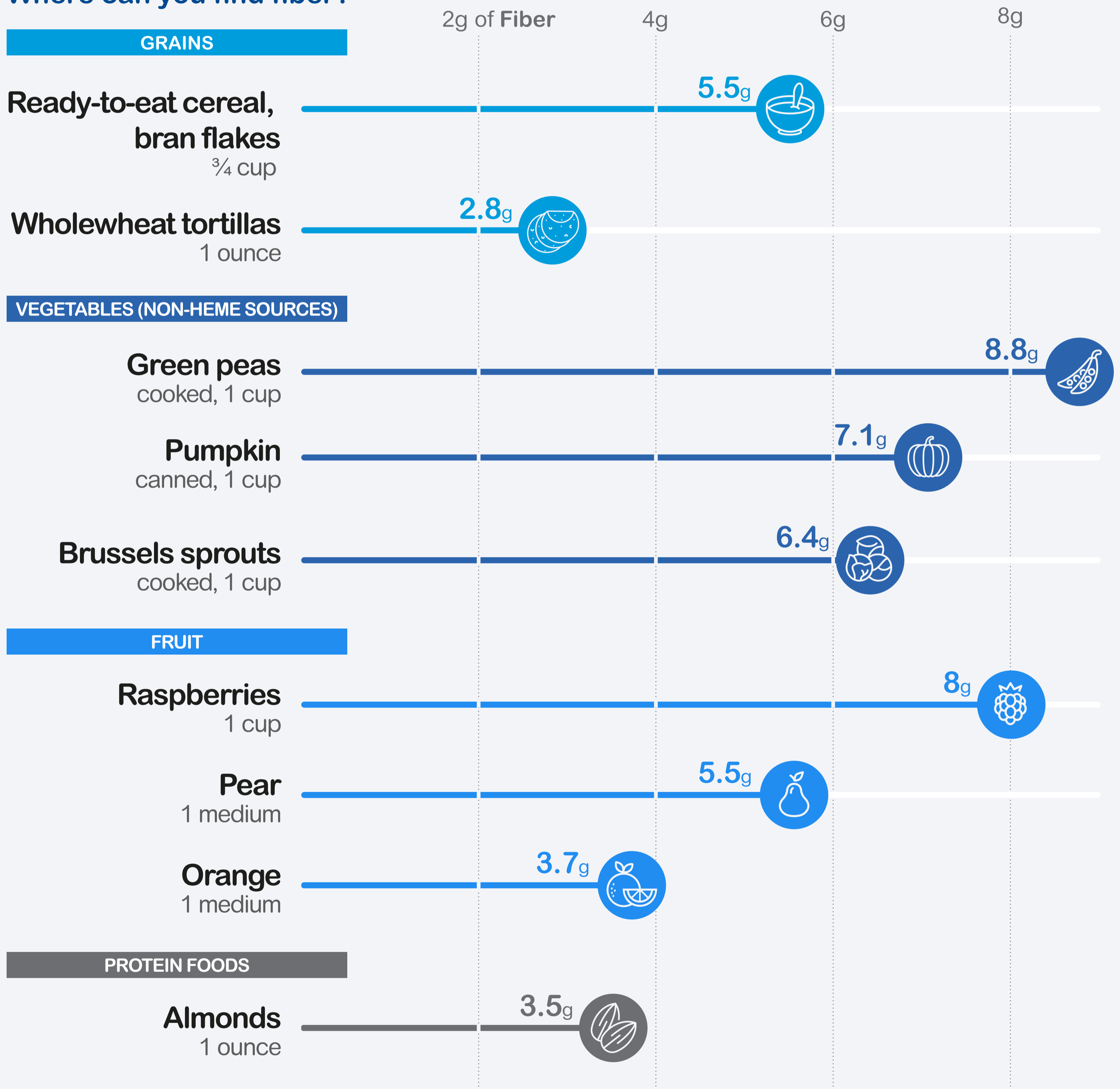
## Does the population get enough fiber?

Less than 10% of women, 3% of men and 1% of children 1-6 years of age meet their recommended intake for dietary fiber.<sup>4,5</sup>

Fiber (g)	Age-sex groups													
	M/F 2-3	F 4-8	F 9-13	F 14-18	F 19-30	F 31-50	F 51+	M 4-8	M 9-13	M 14-18	M 19-30	M 31-50	M 51+	
	14	17	22	25	28	25	22	20	25	31	34	31	28	

Daily recommended intake for dietary fiber: 2 years and older.<sup>4</sup>

## Where can you find fiber?<sup>6</sup>



### Reference

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