

## NEWSTART + 6 (Nutrition)

### The Need of Fiber

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

**“...Education should be given on proper diet...”** (CD 406.4)

(Genesis 1:29; 3:18; Isaiah 55:2; Psalms 103:4-5)

**3 John 2** – “Beloved, **I wish above all things that thou mayest prosper and be in health**, even as thy soul prospereth.”

**“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected.** Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. **Pure air, sunlight, abstemiousness, rest, exercise, PROPER DIET, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.**”  
{MH 127.1-.2}

**“We should educate ourselves**, not only to live in harmony with the laws of health, but **to teach others the better way...”** (CG 361.2)

**“...become more intelligent in regard to the laws of life...”** {11MR 187.3}

#### **EDUCATE IN REGARD TO THE LAWS OF LIFE:**

**“...Educate people in regard to the laws of life...”** {GCDB, January 30, 1893 par. 2}

#### **WHY?**

“...Educate people in the laws of life **so that they may know how to preserve health...**” {MM 259.3}

**“...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them...”** (MH 128.1)

**“True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications**, which destroy the health, debase the soul, and prevent divine truth from impressing the mind...” (7T 137.1)

**“You are to apply the laws of life and health to your own case. In violating the laws of health...you misrepresent your maker...”** {KC 20.4}

**“...Education should be given on proper diet...”** (CD 406.4)

**Psalms 103:4-5** – “Who redeemeth thy life from destruction...Who **satisfieth thy mouth with good things...**”  
**“Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person**, for his own sake, and for the sake of humanity, **to inform himself in regard to the laws of life and conscientiously to obey them...**” {MH 128.1}

## WHAT IS FIBER?

- The word fiber comes from the Latin word fibra, meaning fiber, thread, string, filament, entrails. **Dietary fiber means “Nutrients in the diet that are not digested by gastrointestinal enzymes.”**
- **Fiber is also known as roughage. It is the indigestible part of plant foods that pushes through our digestive tract, absorbing water along the way and easing bowel movements.**

## THE MANY KINDS OF FIBER FALL UNDER TWO GROUPS:

- **Soluble Fiber** – those that dissolve in water and
- **Insoluble Fiber** – THOSE THAT DON'T
- **Both types of fiber are present in all plant foods,** but rarely in equal proportions.

## INSOLUBLE FIBER:

- Absorbs and **holds water from 4 to 6 times its own volume.**
- **Causes a sense of fullness,** helping **prevent overeating.**
- Has many other functions including **moving bulk** through the digestive tract, and **controlling pH** (acidity) levels in the intestines.

## THE BENEFITS OF INSOLUBLE FIBER ARE:

- Promotes **regular bowel movements** and prevents constipation.
- Speeds up the **elimination of toxic waste** through the colon.
- By keeping an optimal pH in the intestines, insoluble fiber **helps prevent microbes** from producing substances which can lead to colorectal cancer.

## THE FUNCTIONS AND BENEFITS OF SOLUBLE FIBER ARE AS FOLLOWS:

Soluble fiber has the most beneficial effects on blood sugar. It is able to

- Slow down digestion,
- Help absorb carbohydrates,
- Prevent a quick rise in blood sugar levels,
- Binds with fatty acids,
- Slows down the time it takes to empty the stomach, and
- Slows down the rate of sugar absorption by the body. It also
- Attaches itself to cholesterol and other by-products of fat digestion, and
- Pulls them out of the body, thereby, it lowers the LDL cholesterol levels.

## WHERE IS FIBER FOUND?

- Fruit
- Vegetables
- Nuts
- Grains
- Seeds
- And beans (legumes)

## DISEASES RELATED TO LOW FIBER DIETS:

- Appendicitis

- Breast Cancer
- Colon Cancer
- Constipation
- Coronary Artery Disease (BKA CAD)
- Diabetes
- Diverticulitis
- Diverticulosis
- Heart Disease
- Hiatal Hernia
- High Cholesterol Levels
- Irritable Bowel Syndrome (AKA IBS)
- Neurological Disorders
- Obesity
- Osteoporosis
- Peptic Ulcers
- Prostate Cancer
- Varicose Veins Disorders
- AND SO MANY OTHER PROBLEMS

\*\*\*If you were paying attention, the last several diseases have to do with **Colon Problems**.

\*\*\*Were you aware that the majority of your immune system (70%) is located in the colon?

### **THAT'S RIGHT!!!**

- Therefore, a low fiber diet also has a major impact on the immune system, so, **infectious diseases and diseases related to the Immune System can result as well.**

\*\*\*You are more prone to colds & flus when you have a low fiber diet.

### **HOW MUCH FIBER IS NECESSARY FOR GOOD HEALTH?**

- 25 to 30 grams is the recommended daily amount.
- For a diabetic, 50 grams daily minimum is recommended.

### **The Average American's daily intake of fiber is only about 14 grams per day**

- This definitely accounts for a significant number of health issues that American's are faced with.
- The recommended daily amount is 25 to 30 grams.
- For a diabetic, 50 grams daily minimum is recommended.
- It varies depending upon the sex and age.

### **AGE GROUPS AND AMOUNT OF FIBER NEEDED:**

#### **FOR CHILDREN:**

- Children ages **1-3** need about **19 grams**
- Ages **4-8** need about **21 grams**

#### **FOR FEMALES:**

- Girls **9-18** need about 26 grams
- Females ages **19-50** need 25 grams
- Women **51 and older** about 21 grams
- **Pregnant Women** need about 28 grams a day

- **Lactating Women** (breastfeeding) about 29 grams

#### FOR MALES:

- **9-13** years of age need 31 grams
- **14-49** years about 30 - 35 grams
- **50 and older** need approximately 38 grams each day.
- So you see, men need a bit more fiber than women do.

The following that I am going to share with you is a list of food items and their portion sizes that contain 10 grams of fiber. This list allows you to get an idea of how much fiber you are getting each day. You can 1/2 the portion sizes, but you need to ½ the fiber amount as well.

**Example:** If you pick 3 items from the list, or 6 of the items and only consume ½ of what the portion size is, then you have consumed 30 grams per day.

Or, another thing you could do to **make sure you are getting an adequate amount of fiber each day** is to make sure you get a little of each: **fruit, vegetables, nuts, grains, seeds or legumes** each day, switching up from day-to-day. We want to make sure we have a variety and never make it boring.

Also, to make it more fun and to be certain you are getting enough of a variety, **include a minimum of 5 different colors** (red, blue, yellow - this includes your orange colors as well), **green, and white each day in your meal planning.**

#### **LIST OF THE FOODS AND THEIR AMOUNTS THAT CONTAIN 10 GRAMS OF FIBER:**

**Almonds** - 1/8 cup or 2 Tablespoons

**Apple** - 3 apples each day (If you only eat one apple, you have about 2.5 - 3.3 grams of fiber).

**Apricots** (dried) - 1 cup

**Beans** - 1 cup (if you eat a half of a cup, you have 5 grams of fiber).

**Baked Potato with Skin** (I'm referring to a plain baked potato alone before you add anything to it) - 1 large

**Bananas** - 3 medium (If you eat only one, you are getting approximately 3.3 grams of fiber for the day)

**Broccoli** (Raw or Cooked) - 1 large head (now most people don't consume a whole head at one meal, so you may only eat about 1/10th of this head...that would be 1 gram of fiber. But, when you eat a little of this and a little of that food that contains fiber, you will get the 25-30 grams needed per day).

**Cabbage** - 1 medium head

**Carrots** - 3 carrots

**Cauliflower** - 1 large head

**Chia Seeds** - 2 Tablespoons

**Hummus Dip** - ¾ cup

**Figs** (dried) - ⅓ cup

**Flax Seed** (grounded) - 1 cup (2 T. would be 1/8 of a cup, so 1/8 of 10 = 1.25% grams of fiber)

**Grapes** - 40 grapes

**Lentils** (cooked) - 2 cups. So, ¼ cup would be equivalent to 2.5 grams of Fiber

**Oats** - 1 cup

**Oranges** - 3 oranges

**Peaches** - 6 peaches

**Peanuts** - 1 cup (¼ c. = 2.5 grams)

**Pears** - 2 to pears (1 pear would be 5 grams of fiber)

**Peas** - 1 cup...

**Prunes** - 1 cup

**Sunflower Seeds** - 1 cup

**Wheat Bran** - ½ cup (¼ c. = 5 grams)

**Whole grain Bread** (store bought) - 5 slices

**Whole grain Bread** (homemade) - 3 slices (1 slice = 3.3 grams)

\*\*\*Remember, these are just examples. [Fiber can be found in all fruits, vegetables, nuts, grains, seeds, and legumes.](#) Be sure to add each every day and you won't be lacking any fiber.

### **IF YOU ARE UNCERTAIN AS TO HOW YOU WILL GET MORE FIBER INTO YOUR DIET, THE FOLLOWING ARE SOME CREATIVE WAYS TO ADD FIBER TO MEALTIME:**

- Add **flaxseeds, chia seeds, seeds, or nuts** to salad, soup, or cereal
- Keep **fresh and frozen fruit** to add to cereal, desserts, or drinks.
- Add **cooked vegetables** to a salad or add vegetables to any soup you cook.
- Choose a **whole grain cereal** with a minimum of 4 grams of fiber in each serving.
- **Beans and peas** go with the vegetable meal. Include them into your diet at least 4 x a week.
- Choose **breads and pasta** made only from **whole grains**. Be sure to read your labels. If enriched, it's not whole grain. It means they removed the important parts then added the minerals back
- Try to eat a **salad** and a cooked **orange or yellow vegetable** every day.
- Try eating at least **3-4 fruit** every day. If both of your hands can cover the fruit, like a banana, this is considered 2 servings.

### **MORE THINGS TO KNOW ABOUT FIBER:**

- **Meat & Cheese & Dairy Products do not contain fiber.** THEY HAVE ZERO FIBER.
- Increase your Fiber intake slowly. Don't add all at one time. Try adding a couple grams each day until your required amount is reached. If you add to quickly, you can get gas, bloating, and diarrhea.
- Be sure to **drink enough water each day,** or when you add your needed fiber to your diet, constipation can result. Remember, the rule of thumb for water is ½ your weigh in ounces on top of your morning water (16 oz.). So, if you weigh 160 lbs. you want a minimum of 80 ounces of water...Not drunk all at one time, but divided up by the # of hours you are awake for the day.

### **ALSO:**

**Some intestinal disorders require low fiber diets during acute flare-ups.** These include:

- **Intestinal Inflammation**
- **Crohn's Disease**
- **Diverticulitis**

For these disorders, a low fiber diet is followed only for a short time. A high fiber diet is normally resumed once the acute symptoms have subsided.

**Note:** [If you would like to learn more about fiber, you can do a google search.](#) [There is a lot of information out there regarding this subject.](#)

### **ADDITIONAL QUOTE:**

**"Thousands need and would gladly receive instruction concerning the simple methods of treating the sick, methods that are taking the place of the use of poisonous drugs. [There is great need of instruction in regard to dietetic reform. \[Wrong habits of eating and the use of unhealthful food are in no small degree responsible for the intemperance and crime and wretchedness that curse the world.\]\(#\)"](#)** {CH 389.3}

\*\*\*Questions on next page\*\*\*

## **NEWSTART + 6 (Nutrition)**

### **The Need of Fiber**

#### **(Questions)**

1. Educations should be given on proper \_\_\_\_\_.
2. How does God redeem our life from destruction? \_\_\_\_\_
3. Too little attention is given to the \_\_\_\_\_ of health.
4. It is better to \_\_\_\_\_ disease than to know how to \_\_\_\_\_ it when contracted.
5. It is the duty of \_\_\_\_\_ person to inform himself in regard to the laws of life.
6. Fiber means \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, entrails.
7. Dietary fiber means \_\_\_\_\_
8. Fiber is also known as \_\_\_\_\_.
9. It is the \_\_\_\_\_ part of plant foods that push through the digestive tract.
10. Soluble Fiber = those that \_\_\_\_\_ in water.
11. Insoluble fiber = those that don't dissolve in \_\_\_\_\_.
  
12. List 4 things about Fiber:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  
13. List 3 benefits of Insoluble Fiber:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_\_\_\_\_\_
  
14. List 8 benefits and functions of Soluble Fiber:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
  
15. List 6 food groups you can find Fiber in:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_

16. List 18 diseases related to a low fiber diet:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_

17. The majority of the \_\_\_\_\_ system is located in the colon.

18. This is \_\_\_\_%

19. A low fiber diet also has a major impact on \_\_\_\_\_ system.

20. Can infectious diseases be related to the immune system? YES or NO

21. Is a person more prone to colds & the flu when you have a lower fiber diet? YES or NO

22. How much grams of fiber should a diabetic have in a day? \_\_\_\_ grams

23. What is the average American's daily intake of fiber? \_\_\_\_ grams per day

24. The recommended daily amount of fiber is \_\_\_\_ to \_\_\_\_ grams.

25. How much should children 1-3 years of age have? \_\_\_\_ grams

26. How much should children 4-8 have? \_\_\_\_ grams

27. How much should girls ages 9-18 have? \_\_\_\_ grams

28. How much should females 19 to 50 have? \_\_\_\_ grams

29. Women 51 and older should have about \_\_\_\_ grams

30. Pregnant women need \_\_\_\_ grams per day.

31. Lactating women need about \_\_\_\_ grams.

32. Boys 9-11 need \_\_\_\_ grams.

33. Boys 14-49 need \_\_\_\_ grams.

34. Men 50 and older need approximately \_\_\_\_ grams each day

35. Men need \_\_\_\_\_ than women do.

36. List enough food items that you would eat for both breakfast and lunch that will total up to 40 grams of fiber.

\*\*\* Please list how many grams of fiber each food item is worth:

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37. List 8 things you can do to add more fiber to the diet:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_

38. List the 3 food items that do not contain fiber:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

39. Should someone who is not used to consuming a high-fiber diet add a lot of fiber in one day? YES or NO

40. Please explain your answer to #39. \_\_\_\_\_

41. What can happen if a person on a high-fiber diet doesn't drink enough water in a day?

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42. Please list 3 intestinal disorders that require a low fiber intake during acute flare-ups:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

43. How many different colors of food should a person add to their diet each day? \_\_\_\_

44. List some examples: \_\_\_\_\_