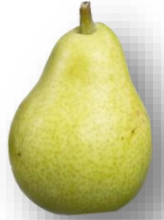


Adding Soluble Fiber to Lower Your Cholesterol

Advice from the National Lipid Association Clinician's Lifestyle Modification Toolbox

What is Dietary Soluble Fiber?

Soluble fiber is a type of fiber found in plant foods. Because it is not absorbed in the intestine, soluble fiber can bind cholesterol in the intestine and remove it from the body. Eating 5 to 10 grams of soluble fiber a day can help lower total and LDL-cholesterol by 5 to 11 points, and sometimes more. To eat at least 5 to 10 grams of soluble fiber a day, choose many foods with 1 to 3 grams of soluble fiber each day. Be sure to drink more water when you increase your fiber intake.



Foods High in Soluble Fiber

Whole grains with 1 to 2 grams of soluble fiber in just ½ cup are cooked barley, oatmeal, oat bran, and quinoa.

Lean protein foods with 1 to 3 grams of soluble fiber per ½ cup include beans, like black-eyed peas; chick peas; and black, kidney, lima, navy, pinto, and soy beans.

Healthy fats with 1 or more grams of soluble fiber are 2 tbsp avocado, 1 tbsp whole chia seeds, and 2 tbsp ground flax seeds.



Vegetables with 1 or more grams of soluble fiber per ½ cup cooked or 1 cup raw are broccoli, Brussels sprouts, cabbage, carrots, green beans, okra, onions, parsnips, and turnips.

Starchy vegetables like sweet potatoes and green peas have 1 gram or more soluble fiber in ½ cup.

Fruits with 1 or more grams of soluble fiber are a medium apple, banana, guava, orange, peach, or pear; 2 apricots or plums; ½ mango; ¼ cup figs or dried apricots or 3 prunes; and 1 cup of raspberries, blackberries, or strawberries.



Eating Foods Rich in Soluble Fiber is Easy

For example, to eat at least 10 grams of soluble fiber in a day, try:

Breakfast with 1 cup cooked oatmeal with berries and 2 tbsp ground flax (3 grams)

Lunch with 1 cup chili made with beans and a pear for dessert (4 grams)

Snack with ½ cup raw carrots and ¼ cup hummus (2 grams)

Dinner that has 1 cup of steamed cabbage, broccoli, carrots and/or green beans (2 grams)

Once you get started, you'll see that **eating foods high in soluble fiber** is a delicious way to lower your LDL-C.

A natural fiber supplement like psyllium, a plant seed powder, can also be taken. Start with a small dose mixed with water then slowly increase the dose, taking as directed. **Drink extra water as you increase your daily fiber intake.** Fluid needs vary, but 9 to 12 cups of fluid a day are recommended for most healthy people.

A registered dietitian nutritionist (RDN) can help you make a heart-healthy meal plan that works best for your lifestyle and support you in your nutrition journey. Talk with an RDN for the answers to your nutrition questions.