

 Vanderbilt University Medical Center  
**DIABETES NUTRITION CLINIC**

A NOTE ABOUT CARB COUNTING AND...

## FIBER

Fiber is the part of plant foods that can't be digested. When you eat dietary fiber most of it passes through the intestines and is not digested.

Fiber is important because it can help to keep your digestive system healthy, and can help to reduce cholesterol levels.

Most processed foods contain little fiber. In fact, most Americans eat less than ½ of the goal amount. It is recommended that adults eat 25 to 30 grams of fiber per day. To help with this, when you see that a food contains 3-5g of fiber per serving on its nutrition label that food is a good source of fiber.

Good sources of dietary fiber include:

- Fruits and vegetables, especially those with edible skin
- Whole grains (whole wheat pasta, bread, cereal)
- Beans and legumes
- Nuts

### How Do They Affect Carb Counting?

Since fiber isn't digested like other carbohydrates in order to carb count a food that has more than 5 grams of fiber per serving:

- 1- Subtract the fiber grams from the total carbohydrate
- 2- Count the remaining grams

For Example:

**Serving Size:** 1 cup Oat Cereal

**Total carbohydrate:** 25 grams

**Fiber:** 8 grams

1 cup Oat Cereal counts as 13 grams carbohydrate ( $25 - 8 = 13$ )