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## **Health & Nutrition Sciences**

# **Dietary Fiber:**

Essential to Digestive Health

Dietary fiber helps promote digestive health through its modulation of laxation, fermentation, and effects on gut microbiota.<sup>1</sup>

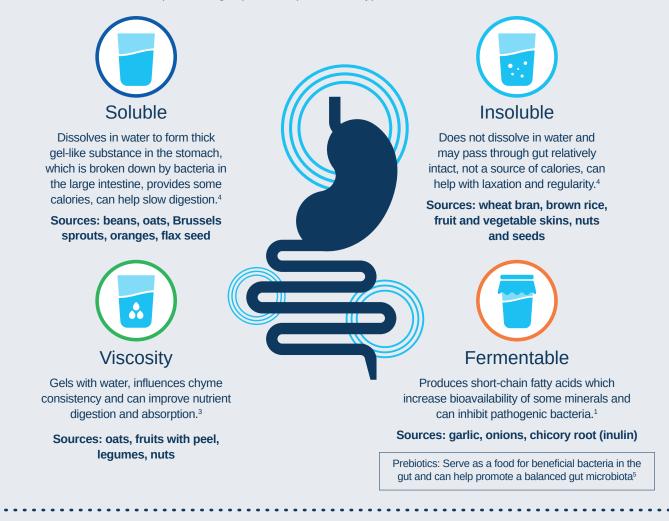


### What is Fiber?

Fiber has traditionally been categorized as soluble or insoluble. While there is no universal definition for fiber, for purposes of the Nutrition & Supplement Facts Panel, it includes both naturally occurring 'intrinsic and intact' fibers in plants and synthetic carbohydrates that the Food & Drug Administration has determined to have physiological benefits.<sup>2</sup>

### Properties of Fiber ...

Dietary fiber may be categorized by properties of solubility, viscosity, and fermentation. While there is likely overlap between groups, this helps relate the types of fiber to health outcomes.<sup>3</sup>



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#### Only Around 5% of Americans Get the Amount of Fiber They Need Each Day.<sup>6</sup>

	. •	Age (years)	Dietary Fiber Adequate Intake (g/day)
		1 to 3	19
	пп	4 to 8	25
		9 to 13	26
		14 to 18	26
		19 to 50	25
	Ш	50+	21
		9 to 13	31
Most Americans consume		14 to 18	38
~1/2 of the recommended		19 to 50	38
fiber each day.4	TI	50+	30

#### Experts Recommend: Focus on Food and Flavor

Promoting a variety of appealing and flavorful fiber-rich foods helps consumers achieve different health benefits.<sup>6</sup>

Food	Standard Portion Size	Fiber (g) in Portion
Quaker High Fiber Instant Oatmeal	45 g packet	10
Beans, pinto, dry, cooked	1/2 c	8
Naked Fruit & Veggie Smoothie, Berry Veggie	8 fl oz	6
Avocado, cubes	1/2 c	5
Pumpkin seeds, whole, roasted	1 oz	5.2
Tropicana Essentials with Fiber	8 fl oz	4
Quaker Oats Old Fashioned or Quick 1-Minute	1/2 c	4
Blueberries, raw	1 c	3.5
Banana	1 medium	3.1

Certain PepsiCo products can increase fiber intake to help support a healthy digestive system.

Source: USDA Food Data Central

#### References:

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- 3. O'Grady J, O'Connor EM, Shanahan F. Aliment Pharmacol Ther. 2019;49(5):506-515.
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- 6. Quagliani D, Felt-Gunderson P. American journal of lifestyle medicine. 2016;11(1):80-85. USDA Food Data Central. https://fdc.nal.usda.gov/