

# Dietary fiber

**Dietary fiber** is the component of food that serves as a transport of the waste through the intestinal tract. It has two major components, water soluble fiber and water insoluble fiber, the water insoluble fiber is primarily transport of waste substances that go through your system without any chemical change since your system does not have the capacity of digesting it, you can find insoluble fiber in whole grain foods, wheat and corn bran, nut and seeds, flax seeds and the skin of some fruits and vegetables.

Insoluble fiber on the other hand is not absorbed per se in the intestinal tract but is subject to fermentation by the bacteria of the intestine and undergoes fermentation to short chain fatty acids that in turn have a favorable effect on the regulation of blood sugar levels, lowering cholesterol levels, enhancing the intestinal immune system and are the main source of energy for the colonocyte (colon cells).

Soluble fibers also have the effect of serving as a transport of waste. Both types of fiber have the function of aiding in making bowel movement regular, however soluble fiber has multiple properties that are beneficial for the body other than just transport waste. Examples of soluble fiber are peas, beans soybean oat rye fruits and juices, the pulp of pears, apples, broccoli potatoes, sweet potatoes without the skin.

Although insoluble fiber does not count as calories ingested since there is not digestion of this kind of fiber, soluble fiber does have calories since it is broken down into components that are a source of calories and are considered calory wise the same as carbohydrates.

The recommended intake of fiber per day is 20 to 35 grams per day.

