

PEARS & FIBER

NUTRITION NOTES | DECEMBER 2022



Pears are an excellent source of fiber. A medium-sized pear contains ~6 grams of fiber, which equals about 21% of the recommended daily value. The skin contains most of the fiber found in a pear, so make sure to enjoy the skin for added flavor, texture, and nutrients.

According to the Dietary Reference Intakes (DRIs), most adults should consume between 21 and 38 grams of fiber per day, depending on age and gender. The 2020-2025 Dietary Guidelines for Americans estimate that 90% of women and 97% of men do not meet the recommended intake for fiber.

What is Fiber?

Fiber is a type of carbohydrate called a complex carbohydrate. Dietary fiber includes the parts of plant foods—mainly fruits, vegetables, whole grains, and legumes—your body cannot digest or absorb. Instead, it passes relatively intact through your stomach, small intestine, and colon and out of your body. Fiber helps to remove toxins and waste.

Everyone's digestive system needs carbohydrates.

It is best to balance them with fiber, protein, or fat at every meal. Balancing carbohydrates decreases the rate of absorption of glucose so your blood sugar won't spike as dramatically. Good carbohydrate choices are those that already contain these nutrients, such as fiber-rich fruits, vegetables, whole grains, and legumes.

Fiber is commonly classified as soluble, which dissolves in water, or insoluble, which doesn't dissolve. While all plants have both soluble and insoluble fibers in them, most plants are higher in one or the other.

- **Soluble Fiber:** absorbs water and softens stools. It can help lower blood cholesterol and glucose levels.
Sources: oats, citrus fruits, berries, carrots, barley, beans, and psyllium
- **Insoluble Fiber:** helps to bulk the stool for easier passage through the intestines; this type of fiber can help benefit those who struggle with constipation and irregular stools
Sources: Whole-wheat flour, wheat bran, broccoli, nuts, beans, spinach, potatoes



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