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# SOURCES OF SOLUBLE FIBER

A total fiber intake of 20–30 grams per day is recommended as part of the TLC diet. Increasing soluble fiber intake by 5 to 10 grams a day has been found to reduce LDL cholesterol by 5% on average. The foods listed here are good sources of soluble fiber.

FOOD	SERVING SIZE	SOLUBLE FIBER (grams)	TOTAL FIBER (grams)
Apples	1	1	4
Barley	½ cup cooked	1	4
Beans	½ cup cooked	1½–3½	5½–7
Broccoli	½ cup cooked	1	1½
Brussels sprouts	½ cup cooked	3	4½
Chickpeas	½ cup cooked	1	6
Lentils	½ cup cooked	1	8
Oat bran	½ cup cooked	1	3
Oatmeal	½ cup cooked	1	2
Pears	1	2	4
Psyllium supplement	1 teaspoon	2	3

Adapted from Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Cholesterol in Adults (Adult Treatment Panel III).

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*Diabetes Self-Management*, “Lifestyle Habits For Lipid Management” by Heidi Mochari, MPH, RD

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