

Digestive Health

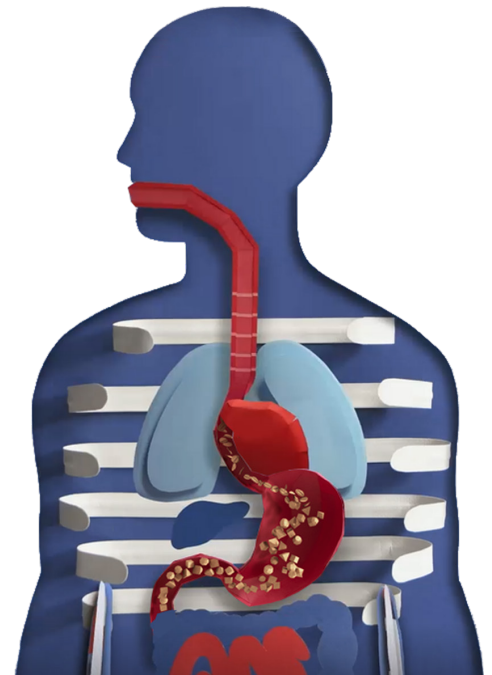
Fiber from a diet rich in grains, fruits, and vegetables helps keep things moving through the intestines and colon and can help support a healthy digestive system.

According to the Dietary Guidelines for Americans, 2015–2020, dietary fiber is considered an under-consumed nutrient based on current recommendations. A 2018 survey revealed that 52% of adults want to increase the amount of fiber in their diets, yet many don't know where to start or have misperceptions that adding fiber will be challenging and lack taste (The NPD Group, Eating Patterns in America 2018).



To help reduce this "fiber gap," oats are a great place to start for your clients – one serving of old fashioned oats provides 4 grams of fiber.

Experts recommend eating at least 25–30 grams of fiber a day from a variety of grains, fruits and vegetables (examples in the table below) to help support a healthy digestive system.⁽¹⁾



Food/Serving

Dietary Fiber (g)

Black Beans - 1/2 cup	7.5
Pear - 1 medium	5.5
Avocado - 1/2 cup	5.0
Apple - 1 medium	4.4
Quaker Old Fashioned Oats - 1/2 cup	4.0
Raspberries - 1/2 cup	4.0
Peas - 1/2 cup	4.0
Prunes - 1/2 cup	3.8

For those with celiac disease, Quaker even offers gluten-free varieties that adhere to the FDA's standards for gluten-free while offering the same nutrition and great taste of our traditional oats. Look for specially marked gluten-free products. As with any food, consumers who have a food allergy or dietary restriction should check the label to ensure their favorite Quaker product meets their specific needs.



1. Food and Nutrition Board, Institute of Medicine of the National Academies. (2002) *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients)*. Washington, D.C.: The National Academies Press.

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