



## ***Aqoonta Bukaanka***

***Xarunta Daryeelka Sonkorowga***



# Dheef-shiid Sahle “Fiber”

*Maxaa kuugu jira adiga*

Fiber waa nooc kaarboohaydarate laga helo dhirta. Waa qaybta dhirta ee aan la awoodin in la dheef-shiido. Fiber wuxu gargaara dheef-shiidka cuntada oo waxa laga yabaa in wax ka taro difaaca cudurka. Waxa jira 2 noocoo fiber, ka milma iyo ka aan-milmin. Nooc kastaaba wuxu ku leeyahay jidhka saamayn gooni ah.

### **Fiber-ka Aan-milmin**

Fiber-ka aan milmin waa nooca “buushiga” oo badi la yidhaa “roughage”. Biyaha kuma milmo, laakiin biyaha ayuu nuugaa. Taas ay markaa keenta in saxaradu (xaarku) mindhicirka hore u maro, taas oo hagaajisa joogtaynta. Waxa kale, oo fiber-ka aan-milmin uu yareeyaa halista kansarka malawadka. Ilaha fiican ee laga helo fiber-ka aan-milmin waa khudaarta sida borokiliga, kurunbaha yaryar, kaarootka, mulukhiyada, iyo baradhada diirka wadata.

### **Fiber-ka Milma**

Fiber-ka milma wuxu ku milmaa biyaha oo wuxu noqdaa sida gel-ka. Fiber-kani wuxu ku dhegaa kolosteroolka, oo yareeya suurtagalnimada inuu jidhka galo. Qadar badar (20 grams maalintii) waxay yarayn kartaa kolosteroolka dhiiga. Daraasadaha qaarkood ayaa muujinaya in fiber-ka milmaa uu gaabiyo gelitaanka dhiiga ee sonkorta guluukawska. Ilaha fiican ee laga helo fiber-ka biyaha ku milma waa qamadinka, digirta, midhaha iyo khudaarta sida asbaragaska, digirta cagaarka ah, kurunbada, koolifalaawirka, seleriga iyo baradhada aan lahayn diirka.

### **Intee In Le’eg oo Fiber ah Ayaa Ku Filan?**

Ururka Maraykanka ee Sonokorowga “The American Diabetes Association (ADA)” wuxu soo jeedinayaa qadar isku mid ah oo fiber ah dadka qaba sonkijorowga sida dadweynaha kale. ADA waxay soo jeedinaysaa inaad cunto 20 ilaa 35 grams oo fiber ah maalin kasta oo ka imanaya ilo fara badan, sida khudaarta, digirta, xabuubka iyo midhaha. Badi dadku waxay cunaan keliya 10 ilaa 15 grams oo fiber ah maalintii.

Ku jiritaanka fiber-ka markasta laguma qoro cuntada dusheeda. Oo cunto badan oo fiberku ku badan yahay ayaan lahayn calaamad. Jaartada bogga labaad waxay kaa gargaari doontaa inta fiber ah ee aad u baahan tahay inaad cunto.

## Su'aalo?

Wac 206-598-4882

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyaha daryeelkaaga haddii aad walaac ama su'aal qabto. Shaqaalaha kiliiniga UWMC ayaa la heli karaa markasta si ay kuu gargaaraan.

Xarunta Daryeelka  
Sonkorowga:  
206-598-4882

Kooxda Isbedelka	Isku-celceliska Gramka Fiber-ka Ku Jira Cunto Kasta
<b>Istaarj/Rooti (½ koob ama 1 jeex)</b>	
• Rootiga madow, siiriyaalka ama buskutka	2
• Khudaarta istaajiga leh (baradhada, xasiida, sonkor-qandiga)	3 - 4
• Digirta (digirta, arikooga)	3 - 4
<b>Khudaar</b>	
• Qaydhiin (1 koob)	3
• Barsan ama qasacaysan (½ koob)	2
<b>Midho</b>	
• Daray (1 koob)	2 - 3
• Talaajadaysan ama qasacaysan (½ koob)	2
• Qalajisan (¼ koob)	3
• Miir "casiir" (½ koob)	0
<b>Hilib</b>	0
<b>Caano</b>	0
<b>Subag</b> (aan ahayn laws iyo iniin)	0
<b>Laws iyo Iniin</b> (2 qaado)	1 - 2

Isha macluumaadka: *Handbook of Diabetes Nutritional Management*, Powers, M.A., c. 1987

## Talo-siinta Fiber-ka

Raac talooyinka si aad u hesho qadarka sax ah ee fiber-ka ee cuntadaada.

- Cun cunto dhan sida midho, khudaar, iyo xabuub dhan sida badan.
- Si aayar ah ugu dar fiber cuntadaada. Degdeg ugu daritaanku waxay geentaa neef, bokhokh, iyo/ama shuban.
- Kordhi qaadshada cabitaanka markaad kordhisaba fiber-ka. Taasi waxay yarayn doontaa neefta iyo bokhokha.
- Cunto fudud ahaan, isku-day doolshaha xabuubka ka samaysan ama midhaha leh diirka. Diirku waa il fiican oo laga helo fiber.
- Qaado dabecada ku cunitaanka saladhka cuntada.
- Xoog u karitaanka khudaarta ama midhuhu waxay yaraysaa inta ku-jirita fiber.
- Midhaha la ridqay ee casiirka ah waa kuu fiican yihiin, laakiin waa inyar aga cabo. Mashiinka qasa ayaa yareeya qadarka fiberka.
- Markaad kordhiso qaadashada fiber-ka, waxaad kordhinaysaa cunista kaabohaydaraytka. La soco qiyaasta sonkorta dhiigaaga oo qor wixii isbedel ah.

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### Diabetes Care Center

Box 354691  
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# Fiber

*What's in it for you*

**Fiber is a form of carbohydrate found in plants. It is the part of the plant that we are not able to digest. Fiber helps you digest your food and may help prevent disease.**

**There are 2 types of fiber, insoluble and soluble. Each type has a different effect on your body.**

## **Insoluble Fiber**

Insoluble fiber is the “woody” type of fiber often called *roughage*. It does not dissolve in water, but it does *absorb* water. This makes the stool travel faster through your intestines, which improves regularity. Also, insoluble fiber may decrease your risk of colon cancer. Good sources of insoluble fiber are whole-wheat products and vegetables such as broccoli, Brussels sprouts, carrots, corn, spinach, and potatoes with their skins.

## **Soluble Fiber**

Soluble fiber dissolves in water and becomes gel-like. This fiber binds to the cholesterol, which makes it less likely to be absorbed. Large amounts (20 grams per day) may lower blood cholesterol. Some research shows that water-soluble fiber may slow the entry of glucose into the blood. Good sources of water-soluble fiber are oats, beans (legumes), fruits, and vegetables such as asparagus, green beans, cabbage, cauliflower, celery and potatoes without their skins.

## **How Much Fiber Is Enough?**

The American Diabetes Association (ADA) suggests the same amount of fiber for people with diabetes as for the general public. The ADA suggests you eat 20 to 35 grams of fiber every day from many sources, such as vegetables, beans, grains, and fruits. Most people eat only 10 to 15 grams of fiber per day.

Fiber content is not always on food labels. And, many foods high in fiber don't come with labels. The chart on the next page will help you find out how much fiber you are eating.

## Questions?

Call 206-598-4882

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

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Exchange Group	Average Fiber Grams Per Serving
<b>Starch/Bread</b> (½ cup or 1 slice)	
• Whole grain breads, cereals and crackers	2
• Starchy vegetables (potatoes, corn, yams)	3 to 4
• Legumes (beans, peas)	3 to 4
<b>Vegetables</b>	
• Raw (1 cup)	3
• Cooked or canned (½ cup)	2
<b>Fruit</b>	
• Fresh (1 cup)	2 to 3
• Frozen and canned (½ cup)	2
• Dried (¼ cup)	3
• Juice (½ cup)	0
<b>Meat</b>	0
<b>Milk</b>	0
<b>Fat</b> (other than nuts and seeds)	0
<b>Nuts and Seeds</b> (2 tablespoons)	1 to 2

Source: *Handbook of Diabetes Nutritional Management*, Powers, M.A., c. 1987

## Fiber Tips

Follow these tips to get the right amount of fiber in your diet.

- Eat whole foods such as fruits, vegetables, and whole grains more often.
- Add fiber to your diet slowly. A sudden increase may cause gas, bloating, and/or diarrhea.
- Increase your fluid intake as you increase your fiber. This will help reduce gas and bloating.
- As a snack, try bran muffins or fruits with skins. The skins are a good source of fiber.
- Get into the habit of eating salads with meals.
- Overcooking vegetables or fruits reduces their fiber content.
- Fruit smoothies and vegetable juices are good for you, but should be consumed in small amounts. The blender action reduces the fiber content.
- As you increase your fiber intake, you may be eating more carbohydrates. Monitor your blood glucose levels and note any changes.

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