

Fiber Facts

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- Fiber, especially soluble fiber, can improve cholesterol levels, which will reduce your risk of heart disease.
- Fiber is good for your gut health as it helps to prevent constipation, diarrhea, hemorrhoids, and other intestinal issues.
- Fiber supports your microbiome by promoting a healthy diversity of bacteria that live in the gut and help you break down food and even provide you with nutrients. A healthy diversity of gut bacteria has been linked to many aspects of health including your immune system, mental health, and metabolism.
- A diet rich in fiber may help to prevent colon and breast cancers.
- Adding fiber to your meals can help you to maintain satiety and stable blood sugar levels after eating.
- Foods that are high in fiber often have other health-promoting nutrients like healthy fats, vitamins, minerals, and beneficial phytonutrients.

Dietitians recommend 25-35 grams of fiber per day.

Tips to help you get more fiber in your diet

- Choose breads, cereal, pastas, and tortillas with "whole wheat" listed as an ingredient and 3 or more grams of fiber per serving.
- Make fruit smoothies using whole frozen fruits and vegetables.
- Keep fresh fruits and vegetables on hand for snacking.
- Enjoy a salad for lunch or dinner.
- Add beans or seeds to your favorite dishes.
- Prepare high fiber meals that provide plenty of leftovers, like red beans and rice or chili with beans.
- Start your day with a warm bowl of oatmeal and berries.

Stay hydrated!

Fiber acts like a sponge and tends to hold water, so be sure to increase your water intake as you increase your fiber intake. Add fiber to your diet slowly to prevent upset stomach.

Sources of Fiber

Soluble

Oats/oatmeal
Broccoli
Soybeans
Apples
Carrots
Prunes
Peas
Barley
Rye
Bananas
Kale
Sweet potatoes
Pears
Legumes
Berries
Bran
Lentils

Insoluble

Whole grains
Green beans
Fruit with skin
Potato skins
Spinach
Nuts and seeds
Flaxseeds
Cauliflower
Celery
Avocado
Quinoa
Zucchini
Brown or Wild Rice