What is Fiber?
Dietary fiber is the part of plants that cannot be digested by the human body. There are two different types of fiber, soluble and insoluble.

**Soluble**
- Dissolves in liquid
- Can help lower blood glucose levels & cholesterol
- Found in: oats, beans, fruit, lentils, nuts, and seeds

**Insoluble**
- Is not broken down by the body
- Helps regulate the digestive system
- Found in: whole grains, vegetables, and wheat bran

Benefits of Fiber
- May help prevent some cancers
- Promotes bowel health
- Helps to regulate blood sugar
- Helps to keep you feeling fuller longer
- Supports a healthy metabolism

Recommended Dietary Allowance
Women: 25g per day (50+ yrs.: 21g per day)
Men: 38g per day (50+ yrs.: 30g per day)

Tips for Increasing Fiber Intake
- Eat more vegetables, fruits, whole grains, legumes, nuts and seeds
- Try replacing some of the ground meat in your favorite meals with lentils or beans
- Increase fiber intake slowly to allow your body time to adjust, don't forget to hydrate!
- Food sources of fiber are preferred over supplement sources
- When cooking or baking, try substituting 1/2 of the white flour for whole wheat flour