

# FILL UP ON

# FIBER



## 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