

DIETARY FIBER



What is Fiber?

- A type of carbohydrate needed for healthy eating
- Helps with a variety of health conditions

What Foods Contain Fiber?

- Fruits
- Vegetables
- Beans
- Whole grains
- Seeds
- Nuts/nut butters

Fiber Functions

- Fiber may help prevent heart disease by helping reduce cholesterol.
 - Fiber helps clear out the plaque in the arteries that leads to high cholesterol and heart disease.
- Fiber slows the speed at which food passes from the stomach to the rest of the digestive system – this can make us feel full longer.



- Foods that are higher in dietary fiber often are lower in calories as well.
- Since fiber slows down how quickly food is broken down, it may help control blood sugar levels for people with diabetes by reducing blood sugar levels after meals.
- Fiber increases bulk in the intestinal tract and may help improve the frequency of bowel movements.

How Do I Know if I'm Getting Enough Fiber?

- The recommended amount of dietary fiber is 14 grams for every 1,000 calories per day
 - 25 grams for women
 - 38 grams for men each day.
 - Your exact needs may vary depending on your energy needs.
- Make sure to include a variety of these foods regularly to meet your dietary fiber needs.

Tips to Increase Fiber Intake

- Mix in oats to meatloaf, bread or other baked goods.
- Toss beans into your next salad or soup.
- Chop up veggies to add to sandwiches or noodle dishes such as pasta or stir-fry.
- Blend fruit into a smoothie or use it to top cereal, pancakes or desserts

***Be sure to drink plenty of water and to increase your fiber intake gradually in order to give your body time to adjust!*

