

Fiber: Powerful Foods Full of Fiber

Fiber is an essential nutrient that is filling, satisfying, and crunchy. Fill your plate with foods full of fiber to have a balanced and powerful meal.

Why is fiber such a powerful nutrient?

It helps your body in many ways. Fiber will:

- Enhance the sensation of fullness and your satisfaction with a meal.
- Help control your portion sizes.
- Ensure proper digestion, preventing both constipation and diarrhea.
- Keep cholesterol and blood sugar in healthy ranges.
- Effectively lower blood pressure, cholesterol, inflammation and blood sugar levels in the body—which will improve your energy level and mood, and prevent disease.

How much fiber do you need to eat?

The Recommended Daily Intake for fiber is:

- Males 30-38 grams per day
- Females 20-25 grams per day

What does “insoluble” and “soluble” fiber mean?

There are two types of fiber in the foods that we eat. Insoluble fiber is found on the outside of foods, in the skins, stems and stalks of fruits and vegetables, and in the bran of grains. Soluble fiber is found within foods. It dissolves in water and forms a gooey texture that has important health effects.

Benefits of INSOLUBLE FIBER

- Crunchy texture
- Bulky
- Keeps food moving through your digestive tract, preventing constipation
- Reduces the risk for colon cancer

Benefits of SOLUBLE FIBER

- Lowers cholesterol levels
- Regulates blood sugar
- Reduces blood pressure
- Limits inflammation
- Reduces the risk for heart disease

What are simple ways for me to increase fiber-rich foods into my day?

- Choose rolled oats instead of instant oatmeal.
- Look for 100% whole grain or 100% whole wheat breads, crackers, pastas and tortillas. Sprinkle ground flaxseeds onto cereal, yogurt, salads and soups.
- Eat whole grain every day.
- Try to eat beans or lentils nearly every day.
- Add vegetables and fruit to each meal and snack that you eat.
- Keep frozen fruit in the freezer and blend with yogurt, milk or 100% fruit juice for a quick smoothie.
- Have a salad at least once a day.
- Eat berries often. Fresh and frozen are both excellent options. Include on salads. Snack on berries. Use as a dessert.
- Try to eat vegetables and fruits from each color category every day: red, orange/yellow, blue/purple, white and green.

