Fun Facts about Fiber

Fiber is found in plant foods and whole grains, it helps protect us against cancer and other chronic conditions. It is believed that eating 3-4 cups of non-starchy vegetables like greens, cauliflower, tomatoes and carrots, and fruits help meet the daily need for fiber. Eating a variety of fruits and vegetables and 3 servings of whole grains is the best way to ensure adequate fiber and nutrients.

**What is Fiber?**
Fiber is a carbohydrate in food that your body cannot digest. Without fiber your meal would have little texture and would not leave you satisfied. You have soluble fiber which dissolves in water and insoluble which doesn’t.

- Dietary fiber slows the digestion of food so you feel fuller longer
- Protects the lining of the colon and protects against cancerous cells
- Some soluble fiber help to lower blood sugar levels and may aid in insulin sensitivity
- Soluble fibers interferes with fat and cholesterol absorption which can lower cholesterol levels protecting your heart
- Fiber increases the bulk and weight of the stool diluting harmful substances and speeding their elimination from the body

**How much Fiber is enough?**
It is a good goal to try and get a minimum of 30g/ of fiber a day. To reach this goal, it requires at least 5 servings of fruits, vegetables and whole grains each day.
Start slowly by increasing your fiber and water intake to prevent GI upset. This is a great way to reach your goal of drinking more water!

**How to get more Fiber?**
A good rule of thumb is to make 2 to 3 of your meal consist of vegetables, fruit, beans, legumes and 1/3 or less with lean meat, poultry, fish or dairy.

- choose whole grain breakfast cereal with 5 or more grams of dietary fiber/ serving
- choose bread with 3-4g fiber/ serving
- eat 2 cups of fruit each day (apple with skin 3g fiber, 1 cup strawberries, oranges, banana= 3g fiber)
- eat 3 cups vegetables each day (potatoes with skin 4g, 1/2 cup broccoli 3g, 1/2 cup carrots 2 g)
- eat 3 serving whole grains, beans or lentils (1/2 cup black beans 8g, 1/2 cup brown rice 2g, 1/4 cup hummus 4g)