

QUICK TIPS TO INCREASE YOUR FIBER INTAKE

- Increase your fiber intake slowly. Adding too much fiber too fast may cause gas, cramps, and diarrhea
- Drink plenty of water to help keep fiber moving through your digestive tract
- Enjoy the peels. The skins of many fruits and vegetables like apples and potatoes contain fiber
- When baking, try using ½ whole wheat flour and ½ white flour
- Eat a rainbow of different colored fruits and vegetables
- Try adding beans and peas to your diet regularly
- Choose brown rice instead of white rice, or try other cooked whole grains like barley, bulgur, quinoa, whole wheat pasta or farro
- Snack on air-popped popcorn, whole-grain cereal, or whole-grain tortilla chips



FIBER

WHAT IS FIBER?

Fiber is the structural part of plant foods including fruits, vegetables, and grains that our bodies cannot digest or break down. There are two different kinds of fiber: soluble and insoluble.

Soluble fiber: dissolves in water to form a gummy gel. It can slow down the passage of food from the stomach to the intestine.

Found in: dried beans, oats, barley, bananas, potatoes, and soft parts of apples and pears.



Insoluble fiber: often referred to as “roughage” because it does not dissolve in water. It holds onto water, which helps produce softer, bulkier stools to help regulate bowel movements.

Found in: whole bran, whole grain products, nuts, corn, carrots, grapes, berries, and peels of apples and pears.



BENEFITS OF FIBER

- Helps with digestion by food moving regularly and smoothly through your body
- May help prevent heart disease by lowering blood cholesterol levels
- May lower the risk of developing certain cancers
- Can help to control blood glucose levels in diabetes
- A high-fiber diet tends to make you feel fuller, which may help with weight control

HOW MUCH FIBER DO YOU NEED?

According to the Dietary Guidelines for Americans, it is recommended to consume 14 g of fiber for every 1000 calories. So for example, if following a 2000 calorie diet, the recommendation would be 28 g of fiber per day. Note, fiber recommendations decrease as we get older, check out the Dietary Guidelines for Americans for age specific recommendations.

Information provided is for educational purposes only. AVI does not endorse or recommend any specific diet program. Please consult a physician prior to beginning any diet or exercise program.