

SHARE THE WELLNESS TIP



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Say Yes To More Fiber



High-fiber foods keep you fuller longer. You'll likely eat less and avoid extra calories that can add up to weight gain. And maintaining a healthy weight has been shown to lower the risk of stroke, heart disease and many other health conditions.

There are two different types of fiber — soluble and insoluble. Both are important for health, digestion and preventing diseases.

- ☀ **Soluble fiber** attracts water and turns to gel during digestion. This slows digestion. Soluble fiber is found in oat bran, barley, nuts, seeds, beans, lentils, peas, and some fruits and vegetables.
- ☀ **Insoluble fiber** is found in foods such as wheat bran, vegetables and whole grains. It adds bulk to the stool and appears to help food pass more quickly through the stomach and intestines.
- ☀ While both types of fiber are important for health, only the soluble variety seems to lower cholesterol. Soluble fiber acts somewhat like a magnet. It grabs onto dietary cholesterol as it makes its way through the digestive tract. So when the body eliminates soluble fiber, it also gets rid of cholesterol.

Fill up with These High-fiber Options

Most Americans fall behind on their daily fiber intake. Women need 21 to 25 grams per day, but usually consume only 13 grams. Men, on the other hand, average 17 grams per day, but should aim for 30 to 38 grams.

To Bulk up Your Fiber Intake:

- ☀ Eat two cups of fruit and two and a half cups of vegetables per day. Beans, sweet potatoes, cauliflower and berries are close to the top of the list of high-fiber choices. Eat your apples and potatoes with the peels left on.
- ☀ Skip refined grains, and eat whole grains when you can. Choose whole wheat bread, brown rice and oatmeal.
- ☀ Check food labels. Choose items with five grams of fiber or more per serving.