

FACTS ABOUT FIBER

Fiber is one of the most essential “nutrients” for a healthy diet. It may not supply vitamins, minerals or calories, but its effects on digestion and overall well-being are profound.

MAJOR SOURCES OF FIBER:



VEGGIES



FRUIT



NUTS



BEANS

& WHOLE GRAINS

LIKE WHOLE WHEAT!



HOW DOES FIBER IMPACT OUR HEALTH?

1. Adds “bulk” without calories and may increase feelings of fullness and satiety.

2. Reduces risk of heart disease by lowering reabsorption of dietary cholesterol, and reducing inflammation of the blood vessels.

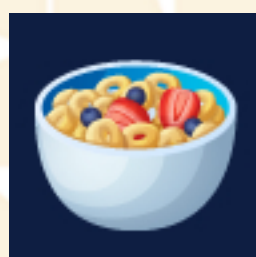
3. Lowers risk of metabolic syndrome by reducing post-meal glucose and insulin levels.

4. Reduces Inflammation, which is associated with nearly all disease processes, including heart disease and some types of cancer.

5. Promotes digestive health by encouraging growth of Bifidobacterium and Lactobacilli, which produce highly beneficial short chain fatty acids.

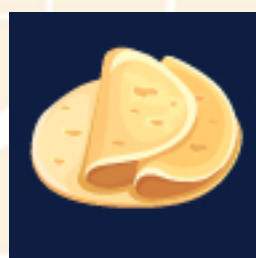
5 TIPS

TO INCLUDE MORE FIBER IN YOUR DIET



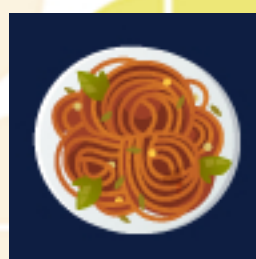
1. START WELL

Whole grain or bran cereal topped with fresh fruit, or a slice of whole grain toast or bagel with peanut butter.



2. SWITCH IT UP

Try whole wheat pasta, tortillas and cereals, and use whole wheat bread or rolls for meals and sandwiches.



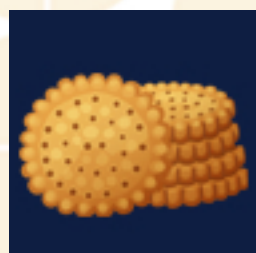
3. MAKE SIDES COUNT

Try whole grain couscous, bulgur, pasta, or wheat berries instead of your usual side dish.



4. USE IT IN YOUR COOKING

Add it in by using whole wheat flour and bread crumbs in recipes, cooking with wheat kernels, bulgur, couscous, etc...



5. SNACK ON IT

Snack on fiber by trying whole grain bars or cereals, whole wheat crackers with nut butters or hummus to boost fiber & fullness.

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