

FIBER FACTS

Fiber is a special type of carbohydrate found mostly in the outer layers of plants. It passes through the human digestive system virtually undigested. While fiber does not provide any nutritive value, it plays a major role in digestive health, colon health, and weight maintenance.

Soluble Fiber

- Can help lower total cholesterol and LDL (bad) cholesterol.
- Regulates glucose levels.
- Improves satiety
- Found in:
 - Barley and Oats
 - Nuts/ Flax Seeds
 - Apples/Oranges
 - Carrots

Insoluble Fiber

- Moves bulk through the intestines.
- Balances the Ph (acidity) of the intestines.
- Prevents constipation.
- Removes toxic waste from the colon.
- Found in:
 - Dark leafy greens
 - Fruit Skins
 - Whole Wheat products

Soluble vs. Insoluble

As you can see, both soluble and insoluble fibers perform different “jobs” in the body. Therefore, it is important to consume foods that contain both types of fiber.

However, more important than the *type* of fiber is the *amount* of fiber. Most American’s need to consume between 25 and 35 grams of fiber each day for optimal health.

TIPS FOR GETTING ENOUGH FIBER

1. **Eat 5 servings of fruits/veggies each day.**
2. **Consume at least 6 servings of grain products.**
3. **Choose items made from “whole wheat”.**
4. **Sprinkle flax seed on cereal or yogurt.**