



FIBER: Give Yourself a Fresh start for Health

WHAT IS FIBER?

Fiber is a complex carbohydrate your body can't digest or absorb.

There are two forms of fiber, **soluble** (found in beans and fruits) which aids in satiety, that feeling of fullness, and **insoluble** fiber (found in wheat bran, whole grains, nuts and vegetables) which helps keep your system regular.

SIMPLE WAYS TO GET THE FIBER YOU NEED:

Get the Breakfast Boost: Wake up to a nutritious high-fiber breakfast . You'll meet nearly 15% to 25% of your daily fiber needs. It's a great way to manage your weight!

Become a Topper: Top off that cereal, whole-wheat bagel, or oatmeal, with a fiber-filled toppings like: bananas, blackberries, or hummus, all are delicious additions!

Learn to Love Labels: Read the food labels! A "good source of fiber has 10% of your daily value or 2.5 grams, where as "high in fiber" has 5 grams or more!

Enjoy Fruity Snack Attacks: Both fresh and dried fruit offer a great snack full of fiber! Try fresh raspberries, papaya, & dried apples.

Peels Are a Plus: Leave the peels on! Rinse fruit and veggies prior to eating. Remember, whole foods have more fiber than juices, which lack the fiber-filled skin and membranes.

FRESH and on the go!: Ready-to-eat fresh vegetables, like baby carrots, shredded broccoli, and salad mixes are perfect!



HOW MUCH DO WE NEED?

The National Academy of Sciences Institute of Medicine, recommends the following:

Age 50 and younger

WOMEN: 25 grams

MEN: 38 grams

Age 51 and older

WOMEN: 21 grams

MEN: 30 grams

