



Get Fiber

Americans should be eating 25 to 35 grams per day, but most get about 12 to 15 grams per day.

- Fiber-containing foods take longer to digest so they contribute to satiety, which is the feeling of fullness.
- Certain types of fiber soak up bad (LDL) cholesterol, so they help lower heart-disease risk.
- People who eat a high-fiber diet have a lower risk of certain types of cancer.
- Fiber helps regulate blood sugar levels in people with diabetes.
- Your gut loves fiber

Here are some simple tips to get more fiber out of your foods:

- Eat your fruit – don't drink it. One of the benefits of eating fruit is that fruit flesh and skin contains fiber.
- Eat whole grains. Refined grains have had their nutritious vitamins, minerals and fiber removed during processing. Look for the words "100% whole" and ensure you're eating whole-grain foods instead of refined ones.
- Learn to love your legumes. Legumes are dried peas and beans and are powerful sources of protein and fiber.
- Power your diet with plants. Plant foods contain fiber, while animal foods do not.
- A word of caution: If you go from 0 to 30 grams of fiber a day, chances are your gut is going to hurt. Go slowly when it comes to bumping up your fiber intake. Add a few grams per day and don't forget to drink more water as you increase dietary fiber intake.

Source: Ferraro, K. "Your Ultimate Guide to Getting More Fiber." ACE Fit | Fitness Information.