

HIGH FIBER

CONSTIPATION | CHOLESTEROL | WEIGHT | BLOOD GLUCOSE

Dietary fiber is a non-digestible carbohydrate found in foods. A diet high in fiber may help alleviate constipation and bowel irregularity, lower cholesterol or blood sugar, and assist with weight loss.

Fiber can help with weight loss: Fiber can soak up water in the intestine, slowing the absorption of nutrients and increasing feelings of fullness which may prevent overeating.

Fiber can help reduce cholesterol: Fiber nourishes healthy probiotic gut bacteria and removes cholesterol from the body.

Fiber can help reduce constipation: Some fibers have a laxative effect, while others can increase constipation. Have a mix of both can help with having regular bowel movements.

Fiber can help reduce blood sugar spikes: Foods that contain viscous fiber have a lower glycemic index and cause smaller spikes in blood sugar than foods that are low in fiber.

The amount of fiber you need depends on your age and gender:

	<i>GENDER</i>	<i>50 + YEARS</i>	<i>LESS THAN 50 YEARS</i>
	<i>MALE</i>	38	30
	<i>FEMALE</i>	21	25

Source: Academy of Nutrition and Dietetics

HERE ARE 10 HIGH-FIBER FOODS THAT ARE BOTH HEALTHY AND SATISFYING.

Pears: 5.5 grams in a medium-sized pear.

Strawberries: 3 grams in one cup.

Avocado: 10 grams in a cup.

Apples: 4.4 grams in a medium-sized apple.

Raspberries: 8 grams of fiber in one cup contains

Bananas: 3.1 grams in a medium-sized banana.

Carrots: (2.8%): 3.6 grams in one cup.

Beets: 3.8 grams per cup.

Broccoli: 2.4 grams per cup.

Artichoke: 10.3 grams in one artichoke.

Meet with our dietitian for additional information on how to add fiber to your diet.