



ALL ABOUT FIBER

Fiber is a form of carbohydrate that comes from plants and it is special because it provides health benefits, but our bodies can't actually digest or absorb it.

Fiber is found in foods like fruits, vegetables, beans, peas, nuts, seeds and whole grains.

EAT BETTER. LIVE BETTER.

There are 2 kinds of dietary fiber—insoluble and soluble. We need both types in our diet.

SOLUBLE FIBER forms a gel with mixed with water. This type of fiber helps control blood sugar and reduces cholesterol. Apples, our superfood for October, are a great source of soluble fiber.

INSOLUBLE FIBER does not dissolve when mixed with water, instead remains intact through the GI system. This type of fiber adds bulk to our stool and keeps food moving through the GI tract, which is important to prevent constipation. Whole wheat bread and brown rice are examples of foods that contain insoluble fiber.

HOW MUCH FIBER DO I NEED DAILY?

Children (4–8 years): 15–20 g

Children (9–13 years): 20–25 g

Males (14 years or older): 30–35 g

Females (14 years or older): 25–30 g

