



## Fabulous Fiber

Fiber is the undigested carbohydrate found in plant foods, and an essential component of a healthy diet. Though fiber is not readily digested like other foods, it provides a host of benefits: it helps us maintain regular bodily elimination; helps protect our bodies against chronic conditions such as cardiovascular disease and diabetes; can help lower LDL (bad) cholesterol; and can make us feel fuller longer.

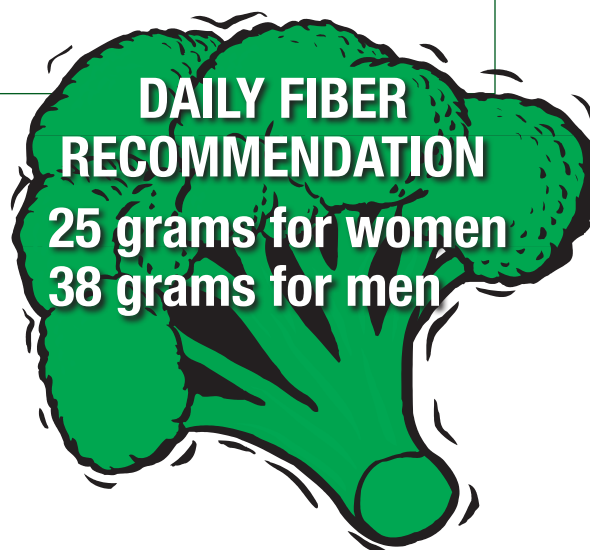
There are two main forms of fiber, soluble and insoluble, both beneficial for good health. Most plant foods have both forms, so if you eat a variety of healthy fruits, vegetables, whole grains and legumes (beans) you'll get plenty of both types of fiber.

Soluble Fiber	Insoluble Fiber
<p>Soluble fiber dissolves easily in water, forming a gel that contributes to feeling full. It helps lower glucose levels and can help lower blood cholesterol. Foods with high levels of soluble fiber include:</p> <p>oatmeal nuts beans lentils flaxseeds fruits such as berries and apples</p>	<p>Insoluble fiber, which doesn't dissolve in water, helps foods move through our digestive system preventing constipation. Foods known for their insoluble fiber include:</p> <p>whole grains such as brown rice and barley dark leafy greens carrots cucumbers broccoli raisins and grapes avocado bananas nuts</p>

Many Americans fall short of the daily fiber recommendation, but getting your daily dose (about 25 grams for women, 38 grams for men) is deliciously easy when you enjoy a variety of whole foods including fruits, vegetables, whole grains (in place of refined grains such as white flour, white rice and bread), beans, lentils and nuts.

Check out the following chart that lists a dozen ways to get your fiber—and a host of nutrients and vitamins, too.

*How easy is that?*





## A Dozen Delicious Sources of Fiber

Most women need 25 grams and men need 38 grams of fiber each day.

Skip the fiber supplements, and enjoy delicious whole foods like these!



Food	Serving	Fiber
Lentils, cooked	1 cup	15.0 grams
Avocado	1 medium	10.0 grams
Green peas	1 cup cooked	8.8 grams
Chili with beans	1 cup	8.4 grams
Pear	1 medium	5.5 grams
Broccoli	1 cup cooked	5.2 grams
Whole Wheat Pasta	1 cup cooked	4.5 grams
Oatmeal	1 cup cooked	4.0 grams
Raspberries	½ cup	4.0 grams
Popcorn	3 cups plain	3.6 grams
Almonds	1 ounce (~23 nuts)	3.5 grams
Hummus	3 tablespoons	2.7 grams



*Reference: All fiber values from USDA National Nutrient Database SR 28*