

STRONGER U NUTRITION

FILL UP ON
FIBER

An important part of a healthy diet includes choosing foods that will help you get the recommended amount of fiber in every day.

WHAT IS FIBER?

There are two types of fiber: soluble and insoluble. Soluble fiber dissolves in water; slows digestion; and is easy for the bacteria in your gut to ferment. Insoluble fiber does not dissolve in water; speeds digestion; and is not fermented by the gut's bacteria.

WHERE IS FIBER FOUND?

Most plant foods contain a combination of soluble and insoluble fiber. Foods high in soluble fiber are found in *oats, barley, beans, peas, apples, pears, citrus fruits, chia seeds, and psyllium*. Foods high in insoluble fiber are found in the outer shell and skin of *seeds, nuts, legumes, whole grains, fruits, and vegetables*.



Real Life Application

HOW MUCH FIBER SHOULD YOU EAT?

Most plant foods contain a combination of soluble and insoluble fiber. Foods high in soluble fiber are found in oats, barley, beans, peas, apples, pears, citrus fruits, chia seeds, and psyllium. Foods high in insoluble fiber are found in the outer shell and skin of seeds, nuts, legumes, whole grains, fruits, and vegetables.



Real Life Application

HOW TO ADD MORE FIBER TO YOUR DIET

Jump-start your day.

Choose a high fiber cereal: bran, oats, or barley. ADD: fruit, ground flaxseed, chia seeds, or psyllium husks. Or try whole-grain toast with avocado or Greek yogurt mixed with fresh berries.

Go for whole grains.

Check ingredient list to ensure whole grain is the first on the list. Get three grams of fiber/serving. TRY: brown rice, quinoa, lentil pasta, and other exotic grains.

Eat more fruits & veggies.

Eat a minimum of three servings of vegetables and two servings of fruit daily.

Lean on legumes.

Add beans, peas, and lentils to soup, stews, and salads. Go above and beyond — replace a beef burger for a bean burger.

Make snacks count.

Fresh or frozen fruit
Raw vegetables
Air-popped corn
Dried chickpeas
1 ounce of nuts

Fiber up dessert.

Eat a baked apple or pear, a bowl of strawberries topped with whipped cream, or a homemade fruit pop. You can also make flourless brownies and cookies using black beans or navy beans.

It is recommended that adults consume approximately 14 grams of fiber for every 1000 calories eaten. For most, this equates to a daily average intake of **21-25 grams for women** and **30-38 grams for men**.



Main Takeaway

Fiber is an important component of your diet and there are lots of yummy ways to hit your fiber recommendations every day. Find fun ways to add in whole grains, fruits, veggies and legumes!



Resources

FIBER FACTS

[Prebiotics, Fermentable Dietary Fiber, & Health Claims](#)

FIBER & HEART HEALTH

[Dietary fiber: Essential for a healthy diet](#)

WHAT DOES FIBER DO?

There are two types of fiber.

Soluble fiber dissolves in water; slows digestion; and is easy for the bacteria in your gut to ferment.

Insoluble fiber does not dissolve in water; speeds digestion; and is not fermented by the gut's bacteria.

How can eating fiber help improve my body composition?

Provides little to no calories and fat, which can help you meet your macro goals.

Prolongs the feelings of fullness, which may prevent overeating.

Regulates blood sugar and prevents insulin spikes that keep sugar cravings at bay.

Encourages healthy gut bacteria, which may suppress appetite, support metabolism, and boost immunity.

