

How to Increase Fiber & Why

You know fiber is good for the body, but do you know why? Fiber aids in digestion by providing bulk to stools, lowering cholesterol, and slowing down the absorption of sugar. In other words, it helps you poop, reduces risk for heart disease, and helps manage diabetes.

All Fiber is Good

Fiber comes in two forms: **soluble** and **insoluble**.

Soluble Fiber is a gel-like substance that helps **minimize spikes in blood sugar** and can help **reduce cholesterol**.

Insoluble Fiber is “roughage” and is also known as nature’s broom. It makes you **feel full** and can also **improve digestion** and **help with constipation**.

Most plant sources of food have a mix of both. Apples have insoluble fiber in the skin and soluble fiber in the flesh. Foods high in soluble fiber include oats, beans, barley, and many fruits and vegetables. Insoluble fiber is found in fibrous vegetables and whole grains. In general, whole fruits, beans, and vegetables are good sources of both types of fiber.

Expert Tip: Read labels. If your food contains more than 3 grams of fiber per serving, it’s considered high fiber.

Ideas to add more fiber:

- Eat oatmeal for breakfast.
- Add kidney beans to ground beef on taco night.
- Add a can of cannellini beans to your pasta while it's boiling.
- Rice and bean mixes can be a good main course for a meatless dinner.
- Snack on chickpeas.
- Look for breakfast cereals that have 3 grams of fiber or more per serving.
- Add dried fruit to cereal or use dried fruit as a snack.

References available upon request.



QUESTIONS?
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