

If there was something you could do to reduce the amount of fat your body absorbed, left you feeling satisfied longer so that you ate less and helped to keep your blood sugar stable would you do it? Would you encourage your family and friends to do it?

There is something you can do, make sure your diet includes fiber!!

Dietary Fiber

Fiber is found in plants and can not be digested by the body. Dietary Fiber is not a single substance, but a group of substances with similar properties. Some of the components of fiber are cellulose, hemicellulose, lignin, gum and pectin. The body does not use fiber for energy as it is not absorbed so there are no calories in fiber. There are two types of fiber soluble and insoluble, they both work differently in the body and therefore provide different health benefits.

Insoluble Fiber

such as cellulose, hemicellulose, and lignin, do not dissolve in water. Insoluble fibers are found in foods such as wheat bran, vegetables, 100 % whole grains. Insoluble fibers absorb water and increase the intestinal bulk, which helps the intestine function properly and helps to remove toxic waste through the bowel in less time

Soluble Fiber

such as gum and pectin, dissolve in water and are found in beans, oats, barley, and some fruits and vegetables.

1. Helps to keep cholesterol under control by removing the bile acids that digest fat, therefore reducing the amount of fat entering the blood. Soluble fiber lowers total cholesterol and LDL cholesterol (the bad cholesterol) and reduces the risk of heart disease.
2. Soluble fiber coats the lining of the stomach delaying the stomach from emptying which allows you to feel satisfied longer so that you eat less
3. As a result of the stomach lining being coated sugar is absorbed more slowly into the blood and this helps to keep your blood sugar stable.

Are you getting enough fiber?

Daily recommended intake is 20-35 grams of fiber a day. A product or a food item can be labeled "High Fiber" when it contains more than 5g of fiber per serving.

If you are not getting the correct amount of fiber in your diet start gradually and increase the fiber over a short period of time, to avoid bloating or abdominal pain. **Make sure you increase the amount of water you drink as well.**



Soluble / Insoluble	Food	Type of Fiber
Insoluble	Whole Wheat Flour Unprocessed Bran Cabbage Peas Green Beans Wax Beans Broccoli Brussel Sprouts Cucumber with Skin Green Peppers Apples Carrots	Cellulose
Insoluble	Bran Cereals Whole Grains Brussels Sprouts Mustard Greens Beet Root	Hemicellulose
Insoluble	Bran Cereals Unprocessed Bran Strawberries Eggplant Pears Green Beans Radishes	Lignin
Soluble	Oatmeal Rolled Oat Products Dried Beans Cauliflower Green Beans Cabbage Dried Peas Carrots Potatoes Strawberries	Gum
Soluble	Squash Apples Citrus Fruits	Pectin

**Some fiber foods have both soluble and insoluble fiber
 This is not a complete list of sources for soluble and insoluble fiber.**

