



The Importance of Fiber!



Why is it important?

- * Heart Health: Fiber helps lower cholesterol which can aid in heart disease prevention.
- * Diabetes: Fiber helps control blood sugar levels and makes them stable.
- * Digestive problems: Adequate fiber can help prevent constipation and other bowel issues.
- * Weight Gain: High fiber foods are often low in calories and help our bodies feel satisfied faster.

How much per day?

Women: 25 grams

Men: 35 grams

Where to get it?

Fiber is found in whole grains, fruits, vegetables, and beans

High Fiber Foods:

Whole grain bread, wheat bran, prunes, nuts and seeds, beans, pears, oats, carrots, peas, apples, bananas, and broccoli

