Fiber can help you fight disease.

- Lower cholesterol
- Improve blood sugar control
- Lower your risk of breast cancer
- Lower your risk of heart disease and stroke
- Lower your risk of diabetes and obesity
- Reduce your risks of heart disease and stroke
- Improve GI problems such as diverticulitis, constipation and hemorrhoids

Four food groups are high in fiber:

- WHOLE GRAINS: Whole wheat, bran, steel-cut or rolled oats, barley, quinoa, brown rice, rye, corn, etc.
- LEGUMES: Beans, lentils, lima beans, dried peas, etc.
- FRUIT: Apples, berries, oranges, pears, plums, bananas, etc.
- VEGETABLES: Brussels sprouts, broccoli, cabbage, green beans, squash, potatoes, sweet potatoes, spinach, etc.

Dietitians believe it's best to get fiber from your food, but:

- Your doctor may recommend fiber supplements if you can't get enough fiber in your diet.

If you're like most Americans, you get just 15 grams per day. But:

- If you're male, you need 38 grams of fiber per day*
- If you're female, you need 25 grams of fiber per day*

* 14 grams of fiber per kilocalorie are recommended for adults and children.

Fiber is your best source.

Food is your best source.

Fiber supplements help too.

Even better, fiber is free.

We're talking about fiber from the food we eat.

Fiber is fab

4 WAYS TO BOOST YOUR FIBER

BREAKFAST:
Switch to oatmeal or whole grain cereal with at least 5 grams of fiber topped with fruit.

LUNCH:
Pair lentil or bean soup with a sandwich made using whole-wheat bread.

DINNER:
Serve a healthy helping of salad or vegetables with a whole grain side (brown rice, whole-wheat couscous, bulgur or quinoa) to boost your fiber intake.

Snack on carrots, celery, nuts, or dried cranberries.

You probably need more fiber.

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