



Did you know: FIBER 101

Did you know that most Americans fall short when it comes to fiber? Many by about half!

Is your daily diet low on fruits, vegetables and whole grains? If so, take note—people who have diets higher in fruits, vegetables and whole grains, tend to have healthier body weights and reduced risk for certain chronic diseases..



The average adult gets just 15 grams of fiber daily, even though recommendations range from 21–25 grams for women to 30–38 grams for men. The most recent Dietary Guidelines for Americans call for 14 grams of fiber for every 1,000 calories consumed. The best way to meet your daily quota? By eating more plant-based foods—meaning whole grains, vegetables, fruit, beans and nuts. In addition to keeping your digestive system in good working order, boosting your fiber intake may reduce the risk of some forms of cancer.

Keep in mind: when it comes to fiber, not all foods measure up. In general, whole foods contribute to fiber. Plus, high-fiber food keeps you feeling full longer, which may help with weight management. Be sure to look for “whole grains” on food labels.

Go for higher fiber foods for optimal benefits. Top fiber-rich choices include:

- Grains: whole grain cereal, whole grain bread, snack bars high in fiber, oatmeal and oat-based foods
- Veggies: artichokes, peas, sweet potatoes with skin, legumes and beans
- Fruit: dried fruits, raspberries, avocados

Looking to increase your fiber? Easy does it. Boost your fiber intake gradually and be sure to drink plenty of water to aid digestion.

Sources:

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