BE FIBER-IFFIC!

- MAKE ½ OF YOUR GRAINS WHOLE
- CHOOSE DRIED BEANS, SPLIT PEAS OR LENTILS OFTEN
- CHOOSE FRESH FRUITS AND VEGETABLES

WHAT IS FIBER?

- A COMPLEX CARBOHYDRATE THE BODY DOES NOT DIGEST
- AIM FOR 20-35 GRAMS PER DAY
- INCREASE YOUR INTAKE OF WATER

INSOLUBLE FIBER

- AIDS DIGESTION
- HELPS US FEEL FULL LONGER
- REDUCES RISK FOR CERTAIN CANCERS

SOLUBLE FIBER

- LOWERS CHOLESTEROL
- CONTROLS BLOOD SUGAR

NOT ALL APPLES ARE CREATED EQUAL

- APPLE WITH PEEL = 3 GRAMS OF FIBER
- PEELED APPLE = 2.4 GRAMS OF FIBER
- ½ CUP APPLESAUCE = 1.8 GRAMS OF FIBER
- ¼ CUP APPLE JUICE = 0.2 GRAMS OF FIBER

GET FIBER FROM FOODS, NOT SUPPLEMENTS