

December

# FIBER MATTERS MORE THAN YOU KNOW

Increasing **Fiber** in your diet is an easy way to improve your overall health! Here are some important tips to get the fiber you need!

Remember to stay hydrated! Drink at least 8 cups of water every day. Water helps you to better process fiber

Fiber helps with...

- Lowering Cholesterol
- Weight Management
- Keeping Blood Sugar Stable
- Preventing Constipation
- Reducing Risk of Developing Type II Diabetes, Heart Disease & Cancer

Fiber is found in...



Fruits

- Oranges
- Berries
- Apples



Vegetables

- Broccoli
- Spinach
- Carrots



Beans

- Kidney
- Garbanzo
- Lentils



Nuts

- Walnuts
- Almonds
- Pecans



Whole Grains

- Wheat Bread
- Oatmeal
- Brown Rice

## Simple Tips to Increase Fiber

Choose whole wheat bread.

Choose brown rice instead of white rice.

Add beans like black beans & garbanzo beans or lentils to soup, salad and rice.

Have fresh fruit instead of fruit juice.

Check the nutrition label!

Try to choose foods with at least 4 grams of dietary fiber per serving.

Nutrition Facts		
Serving Size : (1 Serving)		
Servings Per Container: N/A		
Amount Per Serving		
<b>Calories</b>	<b>160</b>	Calories from Fat <b>9g</b>
% Daily Value*		
<b>Total Fat</b>	<b>1g</b>	<b>2%</b>
Saturated Fat	<b>0g</b>	<b>0%</b>
Trans Fat	<b>0g</b>	
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>
<b>Sodium</b>	<b>85mg</b>	<b>4%</b>
<b>Total Carbohydrate</b>	<b>30g</b>	<b>10%</b>
Dietary Fiber	<b>10g</b>	<b>40%</b>
Sugars	<b>6g</b>	
<b>Protein</b>	<b>13g</b>	

Did you know

Having Oatmeal is a great high fiber way to start the day!

You can buy pre - cooked brown rice in the frozen food section of grocery store.

1 Tablespoon of peanut butter on a slice of whole -wheat bread provides approximately 4 grams of dietary fiber!



## More Tips

Slowly increase the fiber you eat to 25 to 35 grams per day (adding fiber foods slowly will help prevent stomach aches if your body is not used to that much fiber).

Try to include fruits and vegetables with each meal and snack.