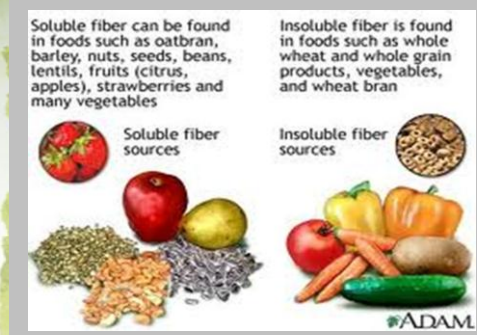


Boost Your Health with Fiber!

What is Fiber?

- Soluble Fiber: The gel-forming type: oats, nuts, seeds, beans, strawberries, and some vegetables
- Insoluble Fiber: The bulk-forming type: whole wheat, whole grain, and some vegetables



Fiber types and food examples

What are the benefits of a high fiber diet?

- Feel fuller longer with fewer calories
- Maintain a healthy body weight
- Reduce risk of disease
- Improve regularity of bowel movements



Common foods with the amounts of fiber they contain

How do I add more fiber to my diet?

- Eat fiber-rich cereal or whole-grain toast for breakfast
- Replace fruit juices and soda with whole fruits
- Try to eat about 3 servings of vegetables (1½-2 cups) per day
- Replace some animal protein (meat/eggs/milk) with plant protein (beans/lentils/soy)

How much fiber do I need?

The recommended daily amount of fiber is **25 grams** for women and **38 grams** for men. After age 50, your daily fiber needs drops to **21 grams** for women and **30 grams** for men.

Nutrition Facts	
Serving Size 0.5 fl. oz. (15ml)	
Servings Per Container 33	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 5g	22%
Sugars 0g	
Protein 0g	

* Percent Daily Values are based on a 2,000 calorie diet.

***Phosphorus - 2.8 mg**
***Potassium - 6 mg**

Check the Nutrition Facts Label on the back of the package to see how much fiber is in the food you choose. Foods that are high in fiber (more than 20%) and low in sugar are best