



## Do You Know About Fiber?

Fiber is a very important substance that helps you digest your food better, eat proper amounts of food, and prevent constipation. There are a few different types of fiber and they offer different benefits.

**Soluble fiber helps slow digestion and can be useful in maintaining a healthy weight. It can also lower cholesterol, which in turn helps reduce the risk of heart disease and stroke!**

**Insoluble fiber helps food move faster through the stomach and intestines.**

### Here are some more amazing facts about Fiber...

- Fiber helps control levels of sugar in the blood, which is especially good for diabetics!
- Fiber decreases your chances of developing Type 2 Diabetes!
- A diet including fiber can help prevent digestive conditions including irritable bowel syndrome and hemorrhoids!
- Need to lose weight? Fiber makes you feel fuller sooner, so you don't eat as much! Plus, it takes longer to chew, so you'll realize you're full before you accidentally eat too much!

- Fiber can help make bowel movements easier and less uncomfortable!

### Where can you get Soluble Fiber?

- Oat Bran
- Nuts
- Seeds
- Barley
- Beans
- Lentils
- Peas
- Fruits
- Vegetables

### Where can you get Insoluble Fiber?

- Wheat Bran
- Vegetables
- Whole Grains

**As you can see, fiber will not only make you more comfortable, but it can help prevent a number of serious diseases! Be sure to include fiber in your regular diet!**

