



Did someone say FIBER?



Fiber is a key part to a healthy diet, part of your daily diet should consist of at least 20 grams of fiber. When people follow a high fiber diet (at least 34 g. a day) they absorb up to 6% fewer calories! Follow these quick tips to follow a healthy high fiber diet:

#1 Look for whole grains: rice, bread and pasta whole-grain versions are high in satiating, fat-fighting fiber.

#2 Moderation is key: like refined or white carbs, whole grains have the same number of calories, but serve up more fiber; you'll be satisfied with a smaller portion!

There are 2 types of fiber, **soluble** and **insoluble**. Soluble fiber dissolves in water whereas insoluble are fibers that cannot dissolve in water. For a healthy diet and stomach make sure to eat insoluble fiber together with soluble fiber!

Soluble fiber can be found in foods such as oatbran, barley, nuts, seeds, beans, lentils, fruits (citrus, apples), strawberries and many vegetables

Insoluble fiber is found in foods such as whole wheat and whole grain products, vegetables, and wheat bran



Soluble fiber sources



Insoluble fiber sources



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Sources:
www.colonnews.com
www.health.yahoo.com
www.hsph.harvard.edu

For more information contact Maureen Obuchowski 630-264-7670 or www.kanehealth.com/coalition.htm