

Food Sources of Fiber



Dietary fiber has many benefits in the body, including **helping our digestive system work properly, keeping us feeling full for longer and managing our blood sugars.**

There are two types of fiber:

- 1. Soluble fiber** - which can help lower blood cholesterol and can help with diarrhea
- 2. Insoluble fiber** - which may lower your risk of developing heart disease, and helps to keep your bowels regular.

We want to include foods with both types of fiber every day. When we add more fiber to our diet, we want to make sure that we are drinking more water as well!

Examples of foods with soluble fiber



Apples & applesauce



Avocado



Chia and flax seeds



Edamame



Legumes (beans, lentils)



Oatmeal



Pears



Psyllium

Disclaimer: the information provided is not intended as medical advice or to diagnose or treat a medical disease. It is strictly for informational purposes. Consult with your medical provider before implementing any dietary changes, the information provided does not replace medical advice provided by your healthcare provider.

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Examples of foods with insoluble fiber



Nuts & seeds



Vegetables



Whole grains (bread, barley, quinoa)



Brown rice



Potatoes



Legumes (beans, lentils)



Root vegetables (carrots, parsnips, potatoes)



Apples & pears (with skin)

Tips for adding more fiber:

- Include plenty of fruits and vegetables at meals and snacks
- Choose "whole grain" products more often
- Add at least one "meatless" meal to your weekly meal rotation (swapping meat for beans, chickpeas or lentils)
- Add ground flax or chia seeds to your yogurt or smoothies
- Read the nutrition facts labels for cereals, granola bars and crackers, choosing options that are higher in fiber