

REASONS TO ADD FIBER TO YOUR DIET

WHAT IS FIBER?

- A plant-based carb that isn't digested
- Provides no calories but offers major health benefits
- Most people eat ~15g daily (below the recommended 14g per 1,000 calories)



TYPES OF FIBER

- **Soluble:** Slows digestion (oats, beans, fruits, nuts)
- **Insoluble:** Adds bulk to stool (whole grains, veggies)
- Most fiber-rich foods contain both



KEY HEALTH BENEFITS

- Supports digestion and prevents constipation
- Aids weight loss by increasing fullness
- Controls blood sugar and lowers cholesterol
- Boosts gut health, heart health, and immunity
- Reduces risk of cancer and chronic diseases



HOW TO GET MORE FIBER

- Eat whole grains, fruits, veggies, beans, nuts, seeds
- Increase gradually to avoid bloating (+5g every few days)



PRO TIPS FOR BEST RESULTS

- **Stay Hydrated:** Fiber absorbs water, preventing constipation
- **Mix it Up:** Include both soluble and insoluble fiber daily
- **Prioritize Whole Foods:** Maximize benefits from natural sources



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