

Weaving Fiber into Your Diet

It's a Good Way To Prevent a Whole Host of Problems

Dietary fiber is the part of food that can't be broken down during digestion. It plays a major role in keeping your digestive system in good working order. And that's really important. But fiber has a number of other potentially healthy benefits, too.

A low-fat/high-fiber diet may:

- Lower your cholesterol and reduce your chance of heart disease
- Reduce your risk of some types of cancer, including colon cancer
- Reduce your risk of type 2 diabetes
- Reduce your risk of diverticulosis, a common condition in which small pouches form in the colon wall and can lead to a more severe condition called diverticulitis. Even if you do develop diverticulosis, a high-fiber diet may help prevent it from getting worse.

Soluble vs Insoluble Fiber: Where to Get It and What It Does

- Insoluble fiber is found mostly in whole-grain products, such as wheat bran cereal, fruit and vegetables. It provides "bulk" for digestion and helps speed up the process.
- Soluble fiber is found in beans, peas, many fruits and vegetables, oat bran, whole grains, barley, cereals, seeds, rice, certain types of pasta, breads and crackers. It can help stabilize blood sugar if you have diabetes. And it helps lower "bad cholesterol."

Read food labels and look for the Daily Value (DV) percentage of fiber per serving

- 5% DV or less is *low* in fiber
- 20% DV or more is *high* in fiber

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: U.S. Food & Drug Administration, 2018

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