

Both soluble and insoluble fiber are an important part of a healthy diet.

- Insoluble and soluble fibers help decrease constipation.
- Soluble fiber, may help to reduce the risk of certain cancers, diabetes, digestive disorders and heart disease.

- Phasing in Fiber:
- Gradually add small amounts of fiber to your diet over several weeks.
 - Drink at least 2 more glasses of water a day

Recipe

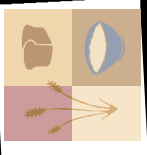
Tropical Gelatin Fruit Salad

- 1 Packet strawberry gelatin mix
- 1/4 c Mandarin oranges
- 1 Small banana cut into pieces
- 1/4 c Pineapple
- 1 Small kiwi cut into pieces

Make gelatin according to package. Place gelatin mixture in refrigerator until almost firm. Sprinkle fruit over top. Put back in refrigerator and let gelatin set completely.

You should eat 20 to 35 grams of fiber per day

What is Fiber?



Dietary Fiber is found in Plants (such as grains, vegetables and fruits). The body does not digest fiber.

Two Types of Dietary

Fiber:

- **Soluble**
- **Insoluble**

Fiber does not come from animal products

▲ Tips for Increasing Your Fiber



- Choose fresh fruit or vegetables rather than juice.
- Eat the skins of clean fruits and vegetables.
- Choose bran and whole grain breads/cereals daily.
- Include a cooked vegetable and a raw salad or fruit.
- Add beans to soups, stews and salads.
- Eat less processed foods and more fresh.
- Check with your physician before increasing fiber.

Foods Rich in Soluble Fiber

- Oats and Oat Bran

- Barley

- Carrots

- Broccoli

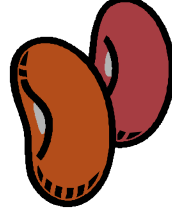
- Legumes

- Potatoes

- Rye Products

- Corn

- Fruits (citrus)



Foods Rich in Insoluble Fiber

- Brown Rice

- Green Beans

- Nuts

- Rice

- Bran

- Seeds

- Skins and peels of fruits and vegetables

- Wheat Bran

- Whole-Grain Products

