

# FIBER: The Forgotten Hero of Human Health



Fiber is an important, but often overlooked nutrient that has a multitude of health benefits. Not only does it aid digestive health, but fiber is also crucial for preventing heart disease, cancer, diabetes, obesity and even mood disorders.



## How Much Fiber Should I Eat Per Day?\*



**Men:** 28-34 grams

**Women:** 22-28 grams

\*More than 90% of women and 97% of men do not meet recommended fiber intakes.



## What Foods Are Good Sources of Fiber?

Fiber is only found in plants such as fruits, vegetables, nuts, seeds, whole grains and legumes. These foods are also high in beneficial antioxidants and phytonutrients.



## Ways To Add More Fiber To Your Diet

- **Eat whole foods.** Instead of fiber supplements and processed foods, get your fiber from foods found in their most natural state.
- **Focus on diversity.** Eating a variety of plants helps maximize your intake of the different types of fiber, phytonutrients and antioxidants.
- **Choose a healthy snack.** Many fiber-rich foods make for convenient snacks such as apples, pears, berries, carrots, almonds and walnuts.
- **Get your protein from fiber-rich foods.** Beans, lentils, chickpeas and tofu are healthy sources of protein and are also loaded with fiber.

