



Not your grandma's
bran muffin!



What does fiber do for you?

Fiber is so much more than just "roughage!" From your heart, to your bones, to your microbiome, the list of health benefits linked to fiber keeps getting longer.

Digestive Regularity

Digestive regularity was once thought of as fiber's only real benefit. While the list of health benefits has gotten a lot longer, this is still a good one!

Heart Health

Fiber reduces the risk of heart disease, primarily through reducing LDL cholesterol levels.

Appetite & Weight Control

High fiber diets reduce hunger and lower body weight by adding bulk and slowing the rate at which food leaves the stomach and sugars enter the bloodstream.

Blood Sugar Control & Type 2 Diabetes Risk Management

People whose diets are higher in insoluble fiber have a significantly reduced risk of developing Type 2 diabetes.

Gut Inflammation and Immune Function

Certain fibers help boost the gut's immune function and help alleviate gut inflammation, including irritable bowel syndrome.

Nutrient Absorption

Fermentable fibers that don't qualify as prebiotics can still provide benefits by enhancing the absorption of calcium and other minerals from the large intestine.

Types of fiber and their properties

Soluble & Insoluble

Soluble fiber dissolves in water while insoluble does not.

Viscous

Soluble fibers that don't just dissolve in water, they form a semi-solid gel.

Functional

Isolated fiber sources that are added during food processing to improve texture or nutrition.

Fermentable

Stimulates the growth of beneficial bacteria in the gut.

Intrinsic

Intact fiber found naturally in whole food sources.

Prebiotic

A fermentable fiber shown to selectively promote the growth of specific bacteria linked to health benefits.



Where to find your fiber



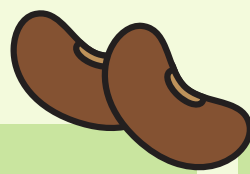
	<i>soluble</i>	<i>insoluble</i>	<i>viscous</i>	<i>Functional</i>	<i>fermentable</i>	<i>Intrinsic</i>	<i>Prebiotic</i>	
psyllium husk	✓			✓			✓	Supplements (e.g. Metamucil)
pectin	✓			✓		✓		Apples, pears, plums, citrus fruits, functional fiber (ingredient)
beta-glucans	✓			✓		✓		Oats, barley, mushrooms
inulin †	✓				✓	✓	✓	Chicory root, Jerusalem artichoke, garlic, Jicama, functional fiber (ingredient)
guar gum	✓			✓		✓		Functional fiber (ingredient)
wheat dextrin §	✓				✓	✓		Supplements (e.g. Benefiber), functional fiber (ingredient)
cellulose		✓					✓	All plant foods, especially cereal grains, cruciferous vegetables, avocado, berries, functional fiber (ingredient)
lignans		✓					✓	Seeds, whole grains
polydextrose §	✓				✓	✓		Functional fiber (ingredient)
oligofructose †	✓				✓	✓	✓	Functional fiber (ingredient)
FOS †	✓				✓	✓	✓	Functional fiber (ingredient)
acacia gum	✓				✓	✓		Functional fiber (ingredient)
resistant starches	✓				✓	✓	✱	Bananas, mangoes (especially unripe), cooked potatoes, pasta, and rice, functional fiber (ingredient)

† Reduced gastrointestinal tolerance

§ High gastrointestinal tolerability

✱ Growing evidence for prebiotic activity

Concern



Best Fiber Types

Digestive regularity	Insoluble, fermentable
Heart health	Viscous
Appetite and weight control	All types
Blood sugar control and Type 2 diabetes risk management	Insoluble
Gut health	Prebiotic, functional
Nutrient absorption	Fermentable



for more healthy eating tips visit

quickanddirtytips.com/nutrition-diva

Monica Reinagel is a board-certified licensed nutritionist, author, and the creator of one of iTunes' most highly ranked and fitness podcasts. Her advice is regularly featured on the TODAY show, Dr. Oz, NPR, and in the nation's leading newspapers, magazines, and websites.

