



facts about **F I B E R**

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Definition

Dietary fibers are the indigestible portion of plant foods that move food through the digestive system. Dietary fiber consists of non-starch polysaccharides and other plant components such as cellulose, dextrins, inulin, lignin, waxes, chitins, pectins, beta-glucans, and oligosaccharides. There are two types of fiber: soluble and insoluble. Insoluble fiber attracts water while it passes through the GI tract and helps to increase bulk, soften stool, and shorten transit time. Soluble fiber absorbs and retains water and turns to gel during digestion. It slows digestion and permits better absorption of nutrients from the stomach and intestine. Soluble fiber is mostly fermentable, which contributes to a healthy colon and better health.

Fiber helps lower cholesterol

- o Fiber helps stabilize blood sugar
- o Fiber helps prevent colon and rectal disorders such as hemorrhoids
- o Fiber-rich diets, including whole-grains, legumes, fresh fruits, and vegetables help increase transit time and prevent straining
- o Fiber helps increase good bacteria in the GI tract
- o Fiber feeds the probiotic population of the GI tract which releases butyric acid and other short-chain fatty acids that feed the enterocytes (cells lining the gut), resulting in the repair and maintenance of the digestive tract.

Good Sources of Fiber:

- | | |
|--------------------------------|-----------------------------------|
| o Fresh fruit | o Whole and sprouted grains |
| o Fresh vegetables and sprouts | o Flax seeds and Flaxseed sprouts |
| o Legumes and beans | o Psyllium |

Things to Consider:

- o Drink plenty of water along with fiber, as insoluble fiber attracts water out of the GI tract.
- o High fiber diets can irritate inflammatory bowel disease.



set goal

ACTION PLAN:



develop plan

goal: _____

action: _____



take action



score your success

plan: _____

success score: scale: 1 (lowest) - 10 (highest)

current score

30 day score

60 day score
