What is Fiber?

- Whole grain such as wheat, spelt, rye, rice bran, oat bran wheat bran, corn bran, oats, pectin, psyllium, and popcorn
- Brown rice, wild rice, quinoa and barley
- Vegetables including carrots, seaweed squash, peas, yams and sweet potatoes, Brussels sprouts, beets and okra
- Fruits including prunes, apples, grapes, citrus, berries, apricots, nectarines
- Legumes such as pinto beans, black beans, garbanzo beans, and guar gum (found in beans)
- One serving of any of these foods provides about 1-3 grams (g) of soluble fiber

Why Include Fiber?

- Dietary fiber is found exclusively in plant food and is non-digestible therefore not absorbed in the body
- Fiber can be categorized as either insoluble or soluble, although most fiber-containing foods have both. Soluble helps stabilize blood sugar, reduce cholesterol and decrease toxins. Insoluble speeds up elimination and helps us feel full
- Bacteria in the intestines can ferment soluble fiber, changing it to short-chain fatty acid which are used as the main source of energy for the cells lining the colon
- Foods naturally rich in soluble fiber have proven particularly good at lowering cholesterol as they bind to cholesterol in the gut and remove it

How to Use Fiber:

- Assembly: Butternut Squash Soup with Pear and Thyme
- Some Prep: Wild Rice with Mushroom Sauce
- Scratch Cooking: Thai Red Curry Lentils