

## FIBER

Fiber comes from plant foods and is the non-digestible part of the plant. The benefits of a high-fiber diet are to normalize bowel movements, help maintain bowel health, lowers cholesterol levels, helps control blood sugar levels, aids in achieving a healthy weight by providing satiety and helps you live longer.

Soluble fiber binds to the bad (LDL) cholesterol, allowing it to be excreted. Soluble fiber can also better control your blood sugar, block the absorption of fat and increase the viscosity of food, promoting satiety. Soluble fiber is found in oatmeal, black, kidney, and lima beans, blueberries, apples, pears, lentils, carrots, flax seeds, sunflower seeds, peas, and sweet potatoes.

Insoluble fiber pulls water into the stool as it moves through the digestive tract, making it softer and easier to pass. This helps promote healthy elimination offering a laxative effect. Insoluble fiber is found in whole wheat bread, chia seeds, brown rice, green beans, potatoes, dark leafy greens, seeds, and avocados.

How much do I need a day?

Men (51+) - 30 grams

Women (51+) - 21 grams