

# All About Fiber

Fiber is an important and often overlooked aspect of whole body health and nutrition. Fiber-rich foods are good for your heart, your digestion, and help maintain healthy blood sugar levels. Increasing fiber-rich foods can have a positive impact on your health in many ways. The aim of whole body health is to have healthy blood pressure, blood sugars, and cholesterol levels and to maintain a healthy weight. Fiber-rich foods can help in each aspect. Foods that contain fiber include: vegetables, nuts, seeds, whole grains, fruit, beans, and legumes.

There are two types of fiber: soluble and insoluble. While both types are good for health, soluble fiber is most helpful for heart health. Adding more fiber to your diet can be easy. Check out the list below of fiber rich-foods and tips for how to add fiber to your daily meals.

## **Foods high in soluble fiber include:**

- Oatmeal
- Barley
- Beans
- Seeds like chia and ground flax
- Avocado
- Pears
- Apples
- Berries
- Oranges
- Brussels Sprouts
- Carrots

## **Try these ideas to increase your fiber intake:**

- Have oatmeal with berries and chia seeds for breakfast
- Put sliced avocado on your sandwich
- Add beans to your salad at lunch
- Have carrots and hummus for a snack

