



FIBER

Fiber is a type of carbohydrate that the body can't digest. Though most carbohydrates are broken down into sugar called glucose, fiber can't be broken down into sugar, and instead passes through the body undigested. Fiber helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check. Fiber can lower the risk of diabetes, heart disease, and constipation. Fiber also helps to normalize bowel movements. Most children and adults need 25-35g of fiber each day. This can come from a combination of both soluble and insoluble fiber sources. Some people may have a hard time getting enough fiber from their diets. In this case it is beneficial to take a fiber supplement. There are many different fiber supplements on the market. Find one that is agreeable with your digestive system.

Some Benefits of Fiber

- ✓ Helps maintain bowel health.
- ✓ Lowers cholesterol levels.
- ✓ Helps control blood sugar levels.
- ✓ Aids in achieving healthy weight.
- ✓ Helps you live longer.

Soluble Fiber:

This fiber will attract water, and turn into a gel like substance during digestion. This process helps to slow digestion. Soluble fiber can help lower blood cholesterol and glucose levels. Some foods high in soluble fiber are:

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|-------------------|------------------|
| ✓ Oats | ✓ Avocados |
| ✓ Barley | ✓ Sweet Potatoes |
| ✓ Nuts | ✓ Figs |
| ✓ Seeds | ✓ Apricots |
| ✓ Beans | ✓ Apples |
| ✓ Brussel Sprouts | |

Insoluble Fiber:

This fiber doesn't dissolve in water, and helps push food through your digestive tract. This can help keep you regular and also help prevent constipation. Some foods high in Insoluble Fiber are:

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|------------------------|---------------|
| ✓ Whole Wheat Products | ✓ Pears |
| ✓ Quinoa | ✓ Cauliflower |
| ✓ Brown Rice | ✓ Potatoes |
| ✓ Leafy Greens | ✓ Seeds |
| ✓ Walnuts | |

If you need a supplement with fiber and don't already have a great option, click the orange box to the right for our suggested fiber supplement

Thorne Fiber Supplement