

Fantastic Fiber

Fiber, also called bulk or roughage, is a component of food that helps digestion and is found in two forms. It can be either **soluble** or **insoluble**. **Soluble fiber** is partially digested in the body. **Insoluble fiber** is not digested by the body. Both forms of fiber have specific health benefits.

Soluble fiber has been shown to reduce Low Density Lipoprotein (bad) cholesterol levels and decrease your risk for heart disease.

Insoluble fiber is shown to improve the speed at which food moves through the body and decreases the risk of heart disease. It helps you feel fuller longer, causing you to

eat less. Common examples of **soluble fiber** include: oat bran, rice bran, beans, barley, citrus fruits, apples, oatmeal



peas



strawberries



Common examples of **insoluble fiber** include:

whole wheat breads, wheat cereals, wheat bran, barley, other grains, beets, Brussels sprouts, turnips, apple skin,

Rice



Cauliflower



Rye



Boys should have about 38 grams of fiber per day, while girls should aim to have about 25 grams of fiber daily.

Eating whole grain cereals and breads and fruit with skin is the best way to get your Fantastic Fiber!



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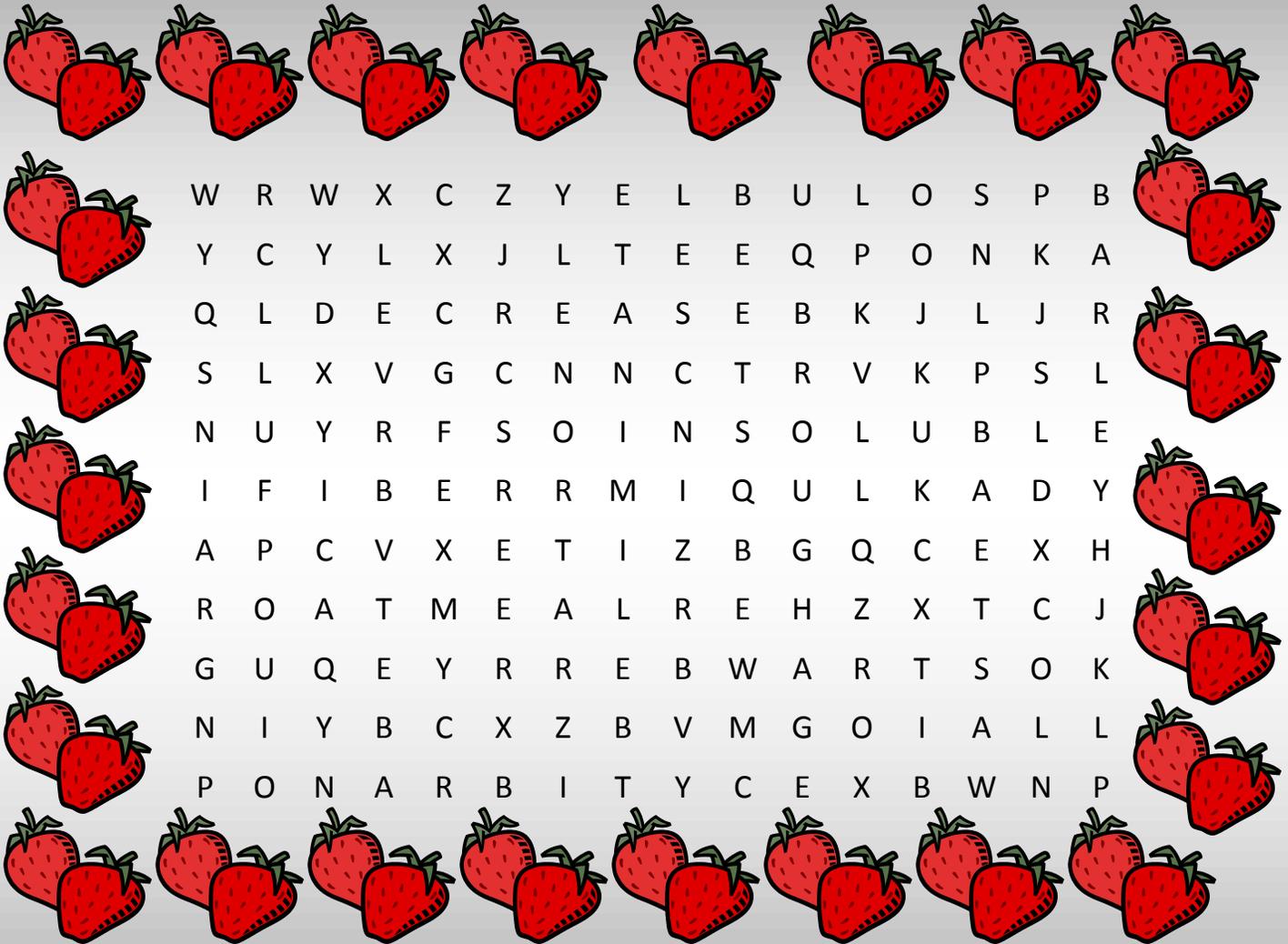


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ELIMINATE

STRAWBERRY

DECREASE

ROUGHAGE

OATMEAL

SOLUBLE

INSOLUBLE

BRAN

GRAINS

BARLEY

FIBER

BULK

RYE

LDL

BEANS

RICE

BEETS

FULL