

Belly Be Gone

Week 3) Fiber

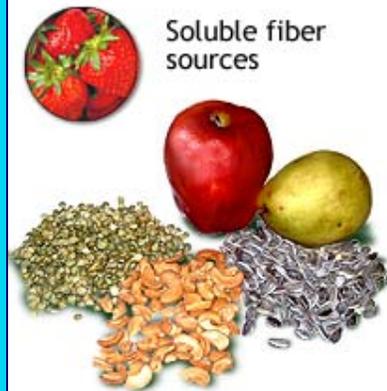
- Adding more fiber to your diet will help you to lose weight and improve your health. Fiber combines with toxins and fats, cleansing your entire body. There are two types of fiber:
- **Soluble**—Partially dissolves in water, slows the digestion, helps the body absorb vital nutrients
 - **Insoluble**— Doesn't dissolve in water, adds bulk to the stool helping foods pass through the stomach and intestines
 - The recommended amount of fiber for adults 50 and younger is 38 grams for men, 25 for women. 50 and older is 30 for men and 21 for women, due to decreased food consumption.

Fiber needs to be added slowly to your diet and consumed with plenty of fluids. Without adequate fluids it can cause constipation instead of helping to eliminate it.

Action: Find ways to add fiber to your diet

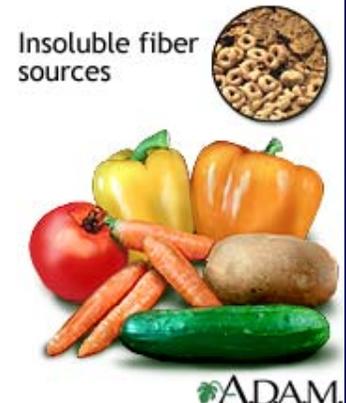
- **Apples**—Rich in soluble fiber called pectin, found mostly in the skin of the apple. Pectin absorbs water from the digestive track, making it a bulk-forming fiber, which aids in cleaning the bowel.
- **Bran**—A rich source of fiber, with up to 20 grams per cup
- **Bread**—An easy way to increase your fiber intake, simply switch your white to whole grain. It's almost double the amount of fiber! Switch your white flour to whole wheat for your pancakes, too!
- **Berries**—Raspberries, blackberries, strawberries and blueberries are awesome sources of fiber— 1 serving of raspberries has 8 grams and 1 serving of blackberries has 7 grams.
- **Legumes**—Black beans, kidney beans, soy beans and lima beans as well as lentils, flax seeds, peanuts and cashews all have high fiber content. Combine them with brown or wild rice for a great tasting, healthy meal.
- **Green vegetables**—Broccoli, collard greens, green beans, spinach and other green vegetables are invaluable sources of fiber and also rich in other nutrients.

Soluble fiber can be found in foods such as oatbran, barley, nuts, seeds, beans, lentils, fruits (citrus, apples), strawberries and many vegetables



Soluble fiber sources

Insoluble fiber is found in foods such as whole wheat and whole grain products, vegetables, and wheat bran



Insoluble fiber sources

Benefits of adding fiber rich foods to your diet:

- Facilitates weight loss
- Aids in prevention of cancer, diabetes, diverticular disease and other digestive disorders
- Helps to lower high cholesterol and blood pressure