



Fiber

Succeeding at weight loss just got a little bit easier.

What could be more exciting than fiber? While not exactly the most interesting part of your diet, fiber plays an important role in your digestion that can have wide-ranging benefits for you and your health. And if you are like most people, you are only getting about half the amount of fiber you should.

The unique thing about fiber is that it is found only in plants. If you want to get fiber in your diet, it means eating more fruits and vegetables. Fiber is unique in another way. Unlike everything else you eat such as carbohydrates, fats, and proteins, fiber isn't digested by your body and that is why it is important.

Types of Fiber

There are two types of fiber: soluble and insoluble. Soluble means that the fiber dissolves in water; insoluble means that it doesn't. Soluble fibers are gel-like and have been shown to help balance blood sugar levels and cholesterol. Insoluble fiber provides bulk and is great news for people who want to stay regular.

Most foods have both types of fiber, but peas, apples, citrus fruits, oats, carrots, peas, barley, and psyllium are some of the best sources for soluble fiber. Insoluble fiber is found in wheat bran, wheat flour, nuts, and vegetables such as potatoes, cauliflower, and green beans.

What Good is Fiber if You Don't Digest it?

Even though we don't digest fiber, it provides us with a lot of benefits. Fiber can also help you feel full. When you are eating a high-fiber diet, it requires more chewing time. That helps your brain know that you are full. Once the fiber reaches your stomach, it also helps you feel satisfied and full longer than a meal without fiber. Meals that are high in fiber are also less calorie dense (remember fiber contains almost no calories).

Fiber Tips

Most people need approximately 25 to 30 grams of fiber a day. Processed foods, pulp-free juices, canned fruits and vegetables are low in fiber. Fresh fruits, vegetables, beans, and grains are your best choices.

Start your day off right by taking fiber first thing in the morning, this helps to stabilize blood sugar throughout the day and helps you feel full. Try eating fruit at every meal. Also, make sure you are drinking enough water throughout the day.
