



Coastline January Nutrition Newsletter

From the desk of Stephanie Boulay, Registered Dietitian

Fitting in Fiber

Fiber is an important part of a healthful, well-rounded diet. However most people consume less than half of the recommended daily amount of 25-35 grams.

Fiber is the indigestible part of plants. It helps to regulate bowel movements, aids in weight loss, reduces the risk of heart disease, lowers cholesterol and blood sugar, makes you feel fuller and more satisfied, and may also help reduce the risk for certain types of cancer.



There are two types of fiber: soluble and insoluble.

Soluble fiber is found in dried beans, peas, lentils, oats, barley, fruits, and vegetables. This type of fiber is soluble in water and forms a gel when mixed with a liquid. The gel traps cholesterol, keeping it from being absorbed. Lowering your cholesterol levels can help lower your risk for heart disease.

Insoluble fiber is also known as 'roughage' and is not soluble in water. It is found in fruits, vegetables, wheat bran, and whole grains. The purpose of this type of fiber is to keep your gut clean and healthy by reducing the amount of time it takes for foods to move through the intestine, thereby reducing constipation.

Try some of the following tips for adding more fiber into your diet. As you add more fiber, remember to add it gradually and to drink more water.



- * Choose 100% whole-wheat or whole grain bread and brown rice
- * Eat high fiber breakfast cereals
- * Eat corn, including popcorn! (with little added salt and butter)
- * Snack on dried fruit
- * Choose romaine lettuce or spinach over iceberg lettuce
- * Eat more berries, legumes, and beans
- * Aim to eat 2 servings of fruits and 3 servings of vegetables every day