All About FIBER

WIC IDAHO

5 Amazing Benefits of Fiber

1.Keeps Your Tummy Happy- Fiber helps you stay regular and prevents constipation.

2. Good for Your Heart- It lowers bad cholesterol, keeping your heart healthy.

3. Steady Energy- Fiber slows sugar absorption, helping control blood sugar levels.

4. Feel Full Longer- Eating fiber makes you feel full, so you don't overeat.

5. Boosts Gut Health- Fiber feeds good bacteria in your stomach, keeping your body strong and healthy.

Fiber Enriched Foods

Fruits
1. Apples (with skin)
2. Berries (like raspberries, blackberries, and strawberries)
3. Pears (with skin)

Vegetables
1. Broccoli
2. Carrots
3. Brussels Sprouts

Legumes (Beans, Lentils, and Peas)
1. Lentils
2. Black beans
3. Chickpeas

Nuts and Seeds
1. Chia seeds
2. Almonds
3. Flaxseeds

Grains
1. Oats (like oatmeal)
2. Quinoa
3. Whole-wheat bread or pasta

Adapted from the America Heart Association, CDC, and Mayo Clinic.