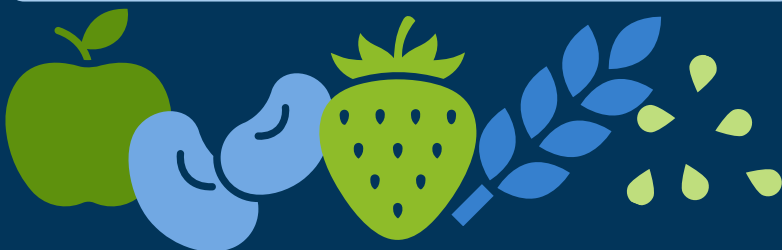


DIETARY FIBER FUNDAMENTALS

Dietary fiber is a type of carbohydrate that cannot be digested by the body.¹ Fiber is important for digestive health, weight control, and heart disease risk.² However, only 8% of Americans have adequate intakes.^{3,4} This guide provides additional context for the types, functions, and importance of dietary fiber.

Total dietary fiber is made up of two main types of fiber:^{1,2}

SOLUBLE fiber		INSOLUBLE fiber
Dissolves in water to form thick gel-like substance in the stomach	Viscosity	Does not dissolve in water
Can be broken down by bacteria in the large intestine	Digestion	Typically passes through the gut relatively intact
- Slower digestion - Promotes satiety - Better blood glucose control - Lowers cholesterol & risk of heart disease - Weight control / management - Promotes healthy gut bacteria	Health Benefits	- Laxation / stool regularity (adds bulk to stool & prevents constipation) - Promotes healthy gut bacteria
Beans, oats, fruits (apples, berries, oranges), flax & chia seeds	Food Sources	Wheat bran, brown rice, fruit & vegetable skins, nuts & seeds



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