



A collage of three images related to bread and grains, arranged in a hexagonal pattern. The top image shows a loaf of dark bread with a stalk of wheat. The middle image shows several slices of bread with a golden crust and a porous interior, also with a stalk of wheat. The bottom image shows a large pile of small, light-colored grains, possibly barley or rye, with a slice of bread on the right.

Common myths and evidence-based facts about whole grains and dietary fiber.

FOR FITNESS PROFESSIONALS
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MYTH

**Whole grains & fiber
are the same thing.**



FACT

Whole grains CONTAIN fiber.

Whole grains also provide vitamins, minerals, antioxidants, and phytonutrients. Foods can also be high in added fiber without containing any whole grains.

Both whole grains and fiber impact overall health and wellbeing and are important to include in a healthy diet.^{1,2}



MYTH

Most people get plenty of fiber in their diet.

FACT

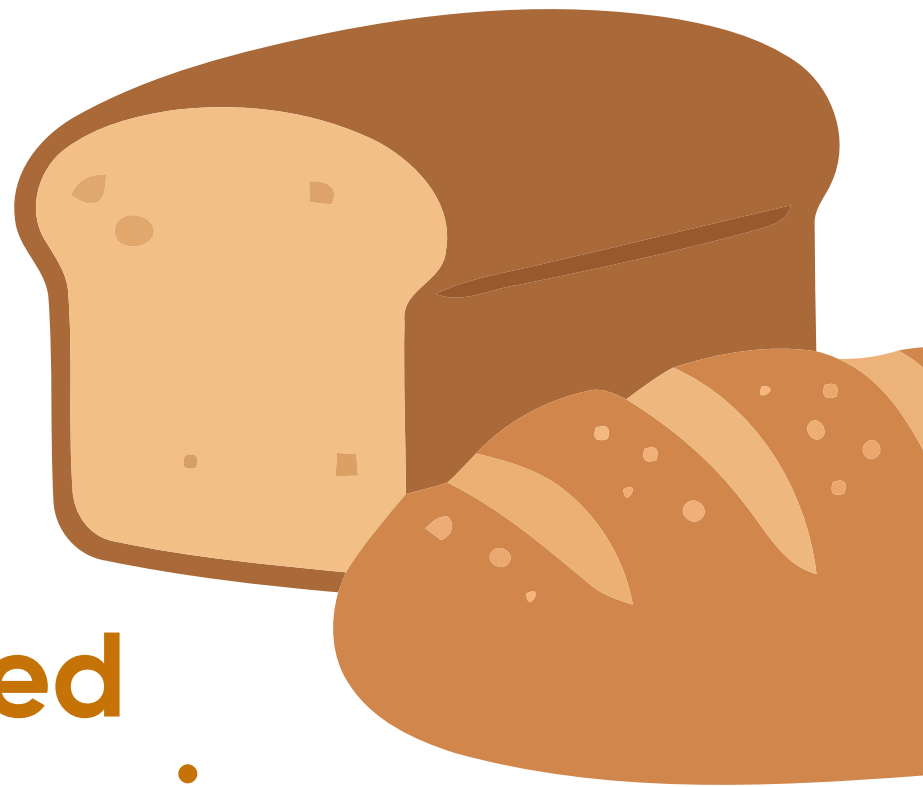
Fiber is a nutrient of public health concern due to low intake.

In fact, only about 8% of Americans have adequate intakes for fiber, leaving the vast majority with a significant gap between actual and recommended consumption.³⁻⁵



MYTH

All brown-colored breads are whole grain



FACT

Color is not a reliable indicator of whole-grain content.

Some breads are colored with molasses, caramel color, or other ingredients but are made primarily from refined flour.

Look for "100% whole grain" or a whole grain listed as the first ingredient.



MYTH

All fiber is the same.

FACT

There are two main forms of fiber, soluble and insoluble.

While both forms are important for overall health, soluble fiber dissolves in water to slow digestion, helping with cholesterol management, blood sugar control, and feelings of fullness. Insoluble fiber doesn't dissolve in water, and supports stool bulk and regularity. Additionally, while each fiber functions differently, they both have the potential to feed gut bacteria and support our gut microbiome.^{6,7}



MYTH

Fiber only helps with digestive health.



FACT

Fiber's health benefits extend far beyond digestive health.

There are many ways fiber supports overall health and well-being. For example, fiber may help with weight management and reducing the risk of type 2 diabetes & heart disease.^{3, 8-9}



MYTH

**More fiber is
always better.**

FACT

**Higher levels can contribute
to digestion issues.**

Consuming over 40g of fiber daily can lead to bloating, gas, diarrhea, constipation, or stomach cramping.

Incorporating fiber into your diet slowly and staying well hydrated can help alleviate these symptoms.⁴



For more evidence-based education, visit
www.PepsiCoEmpoweredEdu.com

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