



IAmMsPrissy™

Dietary Fiber

Dietary fiber, known as roughage or bulk, includes all parts of plant foods that the body can't digest or absorb. It has the ability to prevent or relieve constipation and helps to maintain a healthy weight and lower risk of diabetes and heart disease. Fiber isn't digested by the body. It passes somewhat intact through your stomach, small intestine, and colon and out of the body. Dietary fiber can be found mainly in fruits, vegetables, whole grains and legumes.

Fiber is generally categorized as ***soluble***-dissolves in water or ***insoluble***-does not dissolve in water.

Soluble fiber - Soluble fiber dissolves in water to form a gel-like matter. It can help lower blood cholesterol and glucose levels. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

Insoluble fiber - Insoluble fiber promotes the movement of substance through your digestive system and increases stool bulk. This is a benefit to those who fight with constipation or irregular stools. Good sources of insoluble fiber are whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes.

A high-fiber diet many benefits include:

Normalizes bowel movements

Helps maintain bowel health

Lowers cholesterol levels

Helps control blood sugar levels

Aids in achieving healthy weight