



The Health Benefits Of Fiber



What is Fiber?

Fiber is the indigestible or roughage portion of plant foods.

What foods are rich in fiber?

Whole grain breads and cereals, beans, lentils, fruits, and vegetables.

Why should we eat foods rich in fiber?

- Aids in the prevention of heart disease by lowering your cholesterol levels
- Helps control blood sugar levels for people with diabetes
- Improves digestion by preventing constipation and hemorrhoids
- A high fiber diet is low in calories and makes you feel full faster