

Transcript

A great goal when making healthy food choices is to eat more fiber. You can get fiber from fresh foods like fruits and berries, vegetables and beans. And whole grain pastas, bread, oatmeal, and rice, are also foods that are high in fiber. Fiber helps lower your cholesterol, which lessens your risk for diabetes and heart disease.

There are two types of fiber, soluble and insoluble. Soluble fiber dissolves in water and is slow to digest, helping you to feel full. Your body doesn't break down insoluble fiber, which helps keep you regular.

Most people don't eat the recommended amount of fiber every day. In general, women should aim for 25 grams of fiber and men 35 grams of total fiber per day if you are 50 or under. However, your goal may be different. Work with a registered dietitian or your healthcare provider to create your daily fiber goal and what foods can help you reach it.

The reason that most people don't reach their fiber goals each day is because it can be hard to do, if you aren't actively thinking about it. But small changes add up!

Picking the whole grain version instead of white flour products will give you a lot more fiber. Switch your spaghetti to whole grain pasta. And try some wild rice instead of white with your grilled chicken.

Including higher fiber foods in each of your meals and snacks can go a long way to reaching your daily fiber goal.

For example, have a fruit basket on the kitchen counter, or on your desk at work. Snack on a cut up apple, or some popcorn. Take a banana for breakfast. Or add fruit to your oatmeal for a double dose of fiber.

Have some beans as a side at dinner, or make them a key part of your meal such as having them in a soup or chili. Beans are a great source of fiber and can be added to most meals. They fill you up and taste great!

Also, check the foods nutrition label to make sure it's high in fiber, and then track what you eat to help you know when you've reached your daily fiber goal.

Eating more fiber in your life will give you plenty of health benefits.

"I like the double-fiber bread. Fiber's good; it also helps you feel full when you have more fiber in your diet and that is always a plus."

Talk with a registered dietitian or your healthcare provider for additional ways you can add fiber to your meals so you can meet your goal.