



## Dietary Fiber



### Overview

Fiber is an important part of a healthy diet. You'll find it in fruits, vegetables and other plant-based foods. It helps your digestion. It also adds bulk to the foods you eat, helping you feel full.

### Two types of fiber

There are two types of dietary fiber. Both are good for your body. The first type is called "soluble" fiber. It dissolves in water to make a gel. It slows digestion, giving your body time to absorb nutrients. It may also help lower the risk of heart disease. The second type of fiber is called "insoluble" fiber. We also call it "roughage." It's not digested like other parts of your food. Instead, it moves all the way through your digestive tract, helping carry waste out of your body.

### How do we get fiber?

What should we eat to get fiber? You can get it from many types of fruits and vegetables. Potatoes, carrots, apples, beans and peas are all great sources. It's also found in nuts, seeds and whole grains. And, you can get extra fiber by taking a supplement.

### Conclusion

Even though fiber is great for your body, many people don't eat enough. So talk to your doctor about your diet. Make sure you're getting the right amount of fiber for good health.