

# HOW FIBER

## AFFECTS YOUR BODY

The recommended intake of fiber for the average adult is 20 to 35 grams each day. The actual average intake? Around 14 grams. Fiber comes from unprocessed foods, such as vegetables, fruits, nuts and whole grains, yet most people don't snack on these or add enough into their meal choices. So, what are the benefits of adding more fiber-rich foods to your day?



**Insoluble fiber** is key in preventing constipation while **soluble fiber** helps control blood sugar levels and reduce cholesterol.



Fiber helps **regulate your blood sugar** levels, which help maintain your body's fat-burning capacity and reduces insulin spikes that can leave you feeling drained.



High fiber intake **helps cleanse bacteria and buildup** from your intestines, which **reduces the risk of colon cancer**.



Soluble fiber can calm inflamed **immune and digestive systems**.



A healthy amount of fiber helps you have **soft, regular bowel movements** and reduces constipation.



High daily fiber intake is linked to **lower risks of diabetes and metabolic syndrome**, which also means a lower risk of heart disease.



When you consume more high-fiber foods, you'll have **more energy** for exercise and healthy activities.



Eating the recommended amount of fiber for your age can help you feel full so you eat less overall, **saving you around 90-130 calories a day**.