



Fiber, Water, and Digestion

Soluble versus insoluble fiber. What is the difference between these two fibers? Which one is needed in your diet? These two fibers have different roles in your system, and they are both very important and need to be a part of your diet.

Soluble

- delays the emptying of your stomach and makes you feel full which helps control weight.
- may help control diabetes by regulating blood glucose levels
- lowers cholesterol levels in the body.

Insoluble

- This fiber does not dissolve, so it moves through the intestinal tract helping move waste through the system.
- helps prevent constipation
- helps prevent colon cancer
- found mostly in whole grains and vegetables

Why is Fiber Important?

- Helps manage weight
- Regulates bowel movements
- Helps prevent colon cancer

How much fiber do you need?

- Women and teenage girls need at least 25 grams of fiber a day.
- Teenage boys and men need more fiber because they consume more calories than women. They need 30-38 grams of fiber daily.

Fiber is found in whole grain products, bran, fruit, and vegetables. Below are some popular foods and their fiber content.

Fiber Content		
<i>Food Source</i>	<i>Soluble Fiber (grams)</i>	<i>Insoluble Fiber (grams)</i>
1 medium Apple	0.9	2.0
1 medium Banana	0.6	1.4
1 medium Orange	1.3	0.7
1 cup Blueberries	0.4	3.5
3/4 cup Broccoli	1.3	1.4
1 large Carrot	1.3	1.6
1 small Tomato	0.1	0.7
1 medium Potato	1.0	0.8
1 cup plain, instant Oatmeal	1.8	2.1
1 cup Corn Flakes	0	.5
1 slice Wheat Bread	0.3	1.1
1 slice White Bread	0.3	0.1
2/3 cup Green Peas	0.6	3.3
¼ cup Kidney Beans	1.6	4.

Drink Water

Drinking water while you eat can help break down food which will prevent constipation. If you don't have enough water in your body already, the large intestine soaks up water from your food waste. This makes hard stools that are difficult to pass.

Tips to get more water

- ✓ Add a glass of water to your meals.
- ✓ Drink a glass of water with snacks.
- ✓ If you do not like the taste of water, try adding fruit to your water to give it a delicious taste.
- ✓ Carry a water bottle with you, and consciously try to drink from it throughout the day.