



## Are You Getting Enough Fiber?

Fiber is a complex carbohydrate that is found in plants. It has no calories because the body can't absorb it. This means low-fat, high-fiber foods are usually low in calories.

Many health experts advise people of all ages to eat dietary fiber. While it is best known for its ability to aid in digestion, fiber may also help prevent colon cancer, diabetes, heart disease, obesity, and other health problems. It is recommended that adults consume between 25 and 38 grams a day. Unfortunately, this is almost double what the average person actually consumes.

Also, healthy toddlers and children should have only slightly lower amounts than what is suggested for adults each day. Ask your child's doctor what's best.

There are several fiber supplements on the market. However, supplements can't always provide the vitamins, minerals, and other nutritional benefits that high-fiber foods do. In most cases, it's best to get fiber through your diet rather than with supplements.

To increase your fiber intake, consider including the following foods in your diet:

- Fruits and vegetables
- Dried beans
- Brown rice
- Whole-grain foods (breads, cereals, pastas)
- Nuts
- Seeds
- Oat bran
- Low-fat popcorn



Do not increase your fiber intake too much over a short period of time. Instead, add fiber gradually over several weeks. Be sure to also increase your water intake to help process the added fiber. Talk with your doctor or registered dietitian for more information on how to increase fiber in your diet.

Source: UnitedHealthcare

**For more information regarding the TeamHealth Wellness Program, go to the Wellness Website ([teamhealth.com/wellness](http://teamhealth.com/wellness)).**

**Contact [wellness@teamhealth.com](mailto:wellness@teamhealth.com) with any questions you may have.**