

# Cherokee Family

## HEALTHCARE

# THE IMPORTANCE OF

# *Fiber*

### WHAT IS FIBER?

Fiber is an essential nutrient found in plant-based foods, including fruits, vegetables, whole grains, legumes, nuts, and seeds. Unlike other carbohydrates, fiber cannot be digested by the human body, but it offers numerous health benefits that are particularly valuable for individuals managing diabetes.

### FIBER BENEFITS:

- **Satisfying Fullness:** Fiber-rich foods provide a sense of fullness and satiety, helping to control hunger and manage portion sizes, which can be beneficial for individuals with diabetes aiming to control their weight and blood sugar levels.
- **Digestive Pace-setter:** By slowing down the absorption of nutrients, fiber helps stabilize blood sugar levels, reducing the risk of sudden spikes and crashes that can lead to cravings for sugary snacks. This steady digestion can support better glucose control in individuals with diabetes.
- **Caloric Lightness:** Fiber-rich foods are often low in calories but high in volume, allowing you to enjoy larger portions without consuming excess calories. This can help promote weight management, which is important for individuals with diabetes to maintain overall health.



### HOW TO INCORPORATE MORE FIBER

1. **Choose whole, minimally processed foods:** Opt for whole grains like brown rice, quinoa, and oats, as well as plenty of fruits, vegetables, legumes, nuts, and seeds.
2. **Aim for variety:** Include a wide range of fiber-rich foods in your diet to ensure you're getting different types of fiber and a diverse array of nutrients.
3. **Read food labels:** Look for foods labeled as "high in fiber" and check the nutrition facts panel to see the fiber content per serving.
4. **Increase fiber intake gradually:** To prevent digestive discomfort, gradually increase your fiber intake over time and drink plenty of water to help fiber move through your digestive system smoothly.