

# Fiber for Everyone!

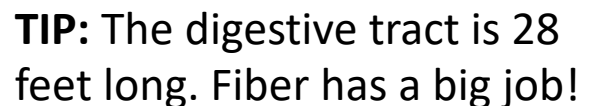


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- Plant-based carb; not digested
- Provides no calories but offers major health benefits

- Aids digestion, weight management
- Controls blood sugar, and lowers cholesterol
- Boosts gut health, heart health, and immunity
- Reduces risk of diabetes, cancer and chronic diseases

Eat whole grains, fruits, veggies, beans, nuts, seeds; increase gradually to avoid bloating (+5g every few days)



Learn more about fiber [HERE](#)

- Stay Hydrated: Fiber absorbs water, preventing constipation
- Mix it Up: Include both soluble and insoluble fiber daily
- Prioritize Whole Foods: Maximize benefits from natural sources