What is fiber?
A carbohydrate portion of plant-based foods that cannot be digested.

**Insoluble fiber**
This type of fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools.

**Found in**
Whole grains, bran, nuts, beans, most vegetables, potatoes, seeds

**Why it’s good**
Improved digestion
Helps you feel full faster
Lower cholesterol
Improved blood sugar levels
Reduced risk of heart disease
Reduced risk of diabetes

**Soluble fiber**
This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels.

**Found in**
Oats, peas, beans, apples, citrus, barley

**Tips to eat more**
Swap fruit juice for whole fruit
Switch to whole grains (think: brown rice, whole grain pasta, whole wheat bread)
Choose cereals with whole grain as the first ingredient
Snack on raw veggies
Substitute beans for meat a few times per week