Fiber Facts

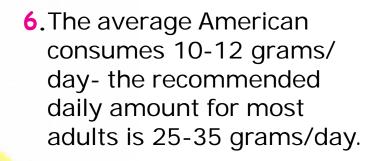
A Key to Choosing Healthy Foods

DID YOU KNOW?

1. Fiber is found in plant-based foods; it is an indigestible complex carbohydrate.

2. Fiber can help prevent/fight diseases such as colon cancer and heart disease.

- 3. Fiber can help relieve constipation (make sure you drink extra water if you increase your fiber intake).
- **4.**Whole grain products offer the most fiber.
- Fiber cannot be cooked away.



- 7. The average time for fiber to pass through the body from consumption to elimination for a healthy person it is 3 days, 10 days for a constipated person, and for the elderly it takes about 2 weeks.
- There is such a thing as too much fiber. If you get more than 50 grams a day you could experience bloating and/or diarrhea.



Fiber helps you (it is usually harder to chew and fills you up faster).



