

# 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.
5. Fiber cannot be cooked away.
6. The average American consumes 10-12 grams/day- the recommended daily amount for most adults is 25-35 grams/day.
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.
8. 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 **EAT LESS**  
(it is usually harder to chew and fills you up faster).

