

Closing the Fiber Gap

What exactly is fiber? Fiber is a carbohydrate that the body cannot digest. It is found in the plants we eat - fruits, vegetables, grains, and legumes. There are many proven benefits that result from an adequate consumption of fiber such as improved digestive health and lower risk of chronic diseases.

The Problem:

The Dietary Guidelines for Americans have identified fiber as a “nutrient of concern” since 2005.

Most people are aware of the benefits of fiber and assume they consume enough in their daily diet. However, only about 5% of the population meets the fiber recommendations.

Why is this percentage so low? There is widespread confusion among the public about what foods are good sources of fiber and exactly how much we should all be eating.

How Do We Bridge the Gap?

Read Labels - Many people think that food labeled “whole grain” is a good source of fiber. Instead of being tricked by this marketing strategy, look for foods with **at least 3 grams** of fiber per serving.

Prepare - Fiber can be quick and easy to prepare! Try starting your day with oats and a banana, or throw in some brown rice and beans with dinner.

Understand - If you consume the recommended amount of fiber, you will have improved heart health, a healthy digestive system, be able to manage weight better, and have healthy blood sugar levels.

Additional benefits of fiber include: lower risk of heart disease, stroke, hypertension, obesity, type 2 diabetes, and certain cancers.

Consider how you can add more fiber into your diet today!

	Age (years)	Dietary Fiber DRI (g/d)
Children	01-03	19
	04-08	25
Female	09-13	26
	14-18	26
	19-50	25
	50+	21

Male	09-13	31
	14-18	38
	19-50	38
	50+	30



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.