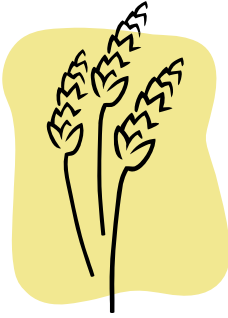


Filling up With Fiber



Fiber is the part of plants that we eat as food that is not digested when it is eaten. Everyone should eat 25-38g of fiber every day.



Fiber helps with:

- ✓ Constipation - it adds bulk to stools to aid with easier passing from the body.
- ✓ Hemorrhoids - because it helps making passing the stool easier, it prevents straining which can lead to hemorrhoids.
- ✓ Diverticular disease - this disease is caused by small pockets forming in the lining of the intestine and small pieces of food getting trapped. Having plenty of fiber in the diet keeps the muscles of the intestine strong so pockets are less likely to develop. Fiber can also act as a brush to clean those small pieces of food out.

Fiber may also help with:

- ✓ Lowering cholesterol - foods that are high in fiber tend to be low in fat. Fiber also picks up the cholesterol in your intestines and removes it from your body.
- ✓ Regulating blood sugar - it does not provide any calories to your diet. Fiber gives the feeling of fullness to help you eat less.
- ✓ Preventing certain cancers - by decreasing the amount of time food lays around in your digestive system.

Soluble fiber is gummy in water and is found in dried beans/peas, citrus fruits, strawberries, apple pulp, oats and barley.

Insoluble fiber never changes its form and can be found in foods like whole grain products, cabbage, beets, carrots, Brussels sprouts, turnips, cauliflower and fruits with edible skin like apples.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu