

What is Fiber?

Soluble Fiber

Dissolves in water

Slows digestion

Helps us feel fuller



- Whole fruits
- Root vegetables
- Seeds and nuts
- Oats and barley
- Beans, peas, legumes

Insoluble Fiber

Does NOT dissolve in water

Does not get digested

Helps to "sweep" food through our digestive tract



- Green vegetables (zucchini, leafy greens)
- Fruits (apples, bananas, avocado)
- Potatoes (w/ skin)
- Whole grains
- Whole wheat flour
- Nuts and seeds

Fiber People

L Cohen



Fiber People:

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