

# MINDSTRONG FITNESS

Let's Talk  
**FIBER**



# Why We Need **FIBER**



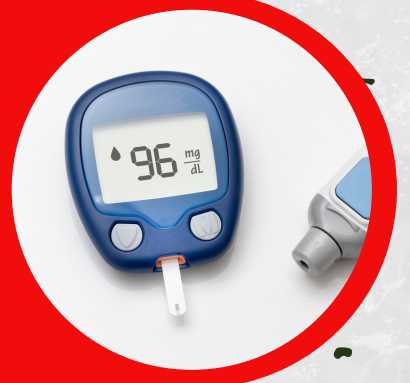
Healthy weight  
maintenance

Prevents constipation



Reduced risk of some  
chronic diseases

Controls blood sugar  
levels





# FIBER DEFICIENCY

Leads to:

1



Constipation

2



Increased  
cholesterol

3



Increased  
blood sugar

4



Inflammation

5



Fatigue

6



Hunger after  
meals



There are  
two types  
of fiber:

## **SOLUBLE:**



CAN be dissolved in water



Increases good bacteria in body



Decreases body's ability to absorb fat

## Good sources of **SOLUBLE FIBER:**



oats



barley



peas



carrots



fruits



beans



# INSOLUBLE:



Can NOT be dissolved in water



Helps move food along the GI tract  
which promotes regularity/  
prevents constipation

## Good sources of INSOLUBLE FIBER:



whole wheat



quinoa



brown rice



kale



almonds



walnuts



pears



apples



seeds

# How Much **Fiber** Do We Need?



## WOMEN:

➡ Aim for 25g/day

Don't \*need\* to track: a good goal is to aim for ~5 servings of fiber-rich foods per day

## FUN FIBER TIPS:



Because fiber slows the release of sugar in the body, adding some fiber when baking can be a neat trick.



Because soluble fiber reduces the body's ability to absorb fat, pairing a higher fat food (ie steak) with something high in soluble fiber (ie peas and carrots) can help the body absorb less fat.





# Best **FIBER SOURCES** Overall



raspberries



green peas



barley



oatmeal  
(watch sugar)



split peas



baked beans  
(watch sugar)



lentils



chia seeds

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# MINDSTRONG FITNESS

Questions?

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