



Why do we need Fibers?

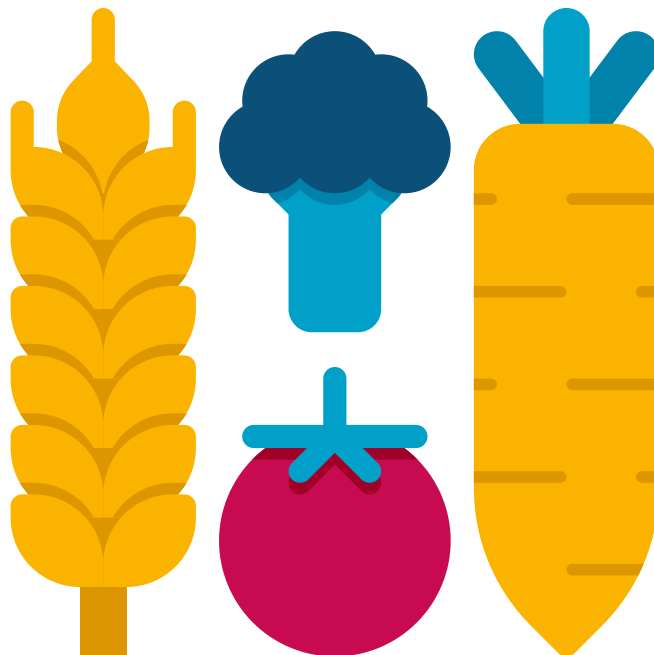
Fiber is a very important component of a healthy diet. It is known to normalize bowel movements, helps maintain bowel health, lower cholesterol levels, help control blood sugar levels, help to achieve a healthy weight and many other things.

Adding fibers to your diet is a great way to help support your weight loss goals. Fibers are naturally occurring substances found in plant-based foods that travel through the digestive system without being broken down by enzymes or digested. In the process of reaching the large intestine, fibers provide a feeling of fullness and help reduce hunger cravings. Increasing fibers creates a sensation of satiety which can assist in decreasing calorie intake and result in long-term weight loss successes. Fibers also act as prebiotics and feed healthy gut bacteria, which helps aid digestive processes and improves overall health – another plus for those looking to shed some pounds!

You can find fibers in fruits, grains, seeds, nuts, legumes, and vegetables. Animal products contain no fiber.

How much of it do we need?

- Kids 1-3 years old: 19 g per day
- Kids 4-8 years old: 25 g per day
- Boys 9-13 years old: 31g per day
- Girls 9-13 years old: 26 g per day
- Male teens 14-19 years old: 38 g per day
- Female teens 14-19 years old: 26 g per day
- Men 20-50 years old: 38 g per day
- Women 20-50 years old: 25 g per day
- Men 51 years old and older: 38 g per day
- Women 51 years old and older: 30 g per day





Highest-fiber food

- Chia seeds: 34.4 grams / 100 grams
- Almonds: 12.5 grams / 100 grams
- Oats: 10.6 grams / 100 grams
- Artichokes: 8.6 grams / 100 grams
- Split peas: 8.3 / 100 grams
- Lentils: 7.9 / 100 grams
- Chickpeas: 7.6 / 100 grams
- Avocado: 6.7 grams / 100 grams
- Raspberries: 6.5 grams / 100 grams
- Kidney beans: 6.4 / 100 grams
- Pears: 3.1 grams / 100 grams
- Quinoa: 2.8 / 100 grams
- Beets: 2.8 grams / 100 grams
- Carrots: 2.8 grams / 100 grams
- Brussels sprouts: 2.6 grams / 100 grams
- Broccoli: 2.6 grams / 100 grams
- Bananas: 2.6 grams / 100 grams
- Sweet potatoes: 2.5 grams / 100 grams
- Apples: 2.4 grams / 100 grams
- Strawberries: 2 grams / 100 grams

