Sarenga FIBER

EAT YOUR FIBER

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What foods contain fiber?

There are two types of fiber: Soluble and insoluble. Different type of foods contain different type of fibers.

Soluble fibers:
- Oats, barley, rye
- Fruits such as apples
- Root vegetables such as carrots
- Golden linseeds

Insoluble fibers:
- Wholemeal bread
- Bran
- Cereals
- Nuts and seeds except for golden linseeds
WHY DOES THE BODY NEED FIBER?

• Smooths out digestion and absorption of glucose and fats in the small intestine
• Speeds up process to remove waste and toxins through intestines in the body
• Reduces cancer risks by controlling bowel action
• Can help lower blood and cholesterol levels
• Helps achieve a healthy weight
HOW MUCH FIBER DO WE NEED DAILY?

Teen girls (14-18) should get 26 grams of fiber per day approx one cup of bran cereal

Teen boys (14-18) should get 38 grams of fiber approx one cup of bran cereal, one orange, one banana, and one pear
HOW TO GET THE RECOMMENDED AMOUNT OF FIBER IN YOUR DIET

Eat more whole grains
  • Choose at least half of all grains you consume as whole grains
Eat more legumes
Legumes such as beans and peas are a great source of fiber
Eat more fruits and vegetables
  • Try to aim for 5 or more servings a day
SHORT TERM CONSEQUENCES OF NOT GETTING ENOUGH FIBER

- Constipation
- Weight gain
- Diabetes
- Diarrhea
- Gas
- Bloating
Long term consequences of not getting enough fiber

- Cardiovascular disease
- Poor digestive health
- Hemorrhoids
- Poor blood sugar control
- Cancer
- Obesity