A well-balanced diet rich in fiber is an important part of healthy living. Fiber is found in plants and many of the foods we eat come from plants. Fiber helps to regulate bowel movements, makes us feel full, lowers blood sugar and cholesterol, and may reduce the risk of getting certain types of cancer.

**Insoluble Fiber**
There are two types of dietary fiber, insoluble and soluble. Insoluble fiber is also called “roughage” or “bulk” and is not soluble in water. The main job of insoluble fiber is to keep your intestinal tract healthy by reducing the amount of time that food sits in your intestinal tract. If food sits in your intestinal tract too long it can cause constipation. Food sources of insoluble fiber are wheat bran, whole grains, fruits, and vegetables.

**Soluble Fiber**
Soluble fiber may be helpful in removing cholesterol from the blood. Lowering cholesterol can reduce your risk for heart disease. Food sources of soluble fiber include dried beans, peas, lentils, oats, barley, fruits, and vegetables like carrots and squash.

### 10 Ways to Add Fiber to Your Diet
1. Eat berries.
2. Eat more legumes, such as dried beans.
3. Choose romaine lettuce or spinach instead of iceberg lettuce.
4. Enjoy 100% whole-wheat or whole-grain bread.
5. Eat high-fiber breakfast cereals.
6. Choose brown rice instead of white.
7. Eat the skins on fruits and vegetables, such as apples and potatoes.
8. Eat corn, including popcorn.
9. Snack on dried fruit.
10. Eat whole fruits and vegetables instead of drinking 100% juice.

### Get Enough Fiber in Your Diet

**Choose a diet of 25-35 grams of dietary fiber each day.**
1. Eat at least 3 servings of vegetables each day.
2. Eat at least 2 servings of fruits each day.
3. Eat at least 3 servings of whole grains each day.

### Successful Tips for Adding Fiber
1. Add fiber gradually.
2. Drink fluids. Drink at least 8 cups of water, juice, or other decaffeinated, non-alcoholic beverages every day.
Cheesy Bean Salad
Makes 4 servings

2 cups cooked pinto beans
½ cup diced celery
¼ cup green pepper (optional)
½ cup low-fat or fat-free mayonnaise – type salad dressing
½ cup low-fat cheese (cubed)
2 Tablespoons minced onion
2 hard-cooked eggs, diced

1. Combine all ingredients in a large bowl.
2. Refrigerate several hours before serving.

Nutrition Information per Serving: 300 calories, 13 g fat, 5 g saturated fat, 120 mg cholesterol, 730 mg sodium, 29 g carbohydrates, 7 g fiber, 3 g sugar, 13 g protein, vitamin A 10%, vitamin C 15%, calcium 20%, iron 15%

Black Beans & Rice
Makes 4 servings

1¾ cups water
1½ cups instant brown rice, uncooked
1 (15 ounces) can black beans, drained, rinsed
1 (15 ounces) can Mexican style stewed tomatoes, drained
2 Tablespoons taco seasoning mix

1. In a medium saucepan, bring 1 3/4 cup water to a boil. Stir in rice. Reduce heat to low; cover and simmer 10 minutes or until water is absorbed.
2. In second saucepan, combine black beans, tomatoes, and taco seasoning. Bring to a boil. Cook over medium heat for 5 minutes.
3. To serve, spoon bean mixture over rice.

Nutrition Information per Serving: 220 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 940 mg sodium, 46 g carbohydrates, 9 g fiber, 7 g sugar, 9 g protein, vitamin A 8%, vitamin C 15%, calcium 4%, iron 10%