



Better Health

Consuming more fiber from grains, fruits and vegetables reduces the risk of early death from cancer and heart disease.



Reduce Risk Of Disease

People that eat higher fiber diets, compared to those with very little, reduced their risk of death from heart disease, stroke, type 2 diabetes and/or colon cancer by 16-24%, according to researchers. More matters! For each extra 8 grams of dietary fiber a person eats, the risk for chronic illnesses dropped an additional 5 to 27 percent.



Never Too Late

For those whose diets have been low in fiber for a long time, it's not too late to increase fiber intake for its health benefits.

Why and How

Increasing Fiber In Your Eating Plan



How Much?

Consuming 25 to 29 grams of fiber daily may seem like enough, but researchers believe this is just a starting point. Most people eat 15 grams a day! Try to get "enough" and then see if you can keep adding a little more by eating a healthy plant-based diet.



Think: All Day

Include the top four fiber foods at every meal: beans, whole grains, vegetables, and fruits.



Switch It Up

Switch from white to whole grain breads, cereals and rice such as brown or wild rice.