

# Prevent Diabetes With Fiber

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## Lentils Lower Risk for Diabetes

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## High Fiber Cereals May Lower Risk for Diabetes

In addition, results from large, prospective cohort studies show that very high consumption of insoluble cereal fibers (in most research studies, over 30 grams per day) or whole-grain products (in most studies, greater than 30 to 40 grams per day) high in cereal fibers may reduce insulin resistance and the risk of developing type 2 diabetes by up to 20–30%. 2



## Which foods to include for more fiber

High fiber carbohydrates such as shredded wheat, bran cereal, whole grain pasta, and brown rice can (and should) be included in your diet in moderation to provide adequate fiber as well as vitamins and minerals. Legumes such as lentils should be embraced. The US Dietary Guidelines advise 25 to 30 grams of fiber for women and 38 to 40 grams of fiber for men daily.

Use these 5 easy steps to get enough fiber every day.

1. Switch from instant **oats** to rolled oats. They cook up in 2 minutes in the microwave and can be seasoned with cinnamon, vanilla, and ginger instead of brown sugar.
2. Snack on whole-grain **crackers** and peanut butter or hummus and veggies.
3. Swap out white **pasta** or tortillas with whole wheat. You'll pick up an extra 3 to 6 grams of fiber this way.
4. Try ancient **grains** like quinoa, farro, and bulgur in grain bowls, salads, or side dishes.
5. Enjoy **lentils** a few days per week beyond meatless Monday.