What is Dietary Fiber?
Fiber is a plant-based material found in food that helps promote healthy digestion.

**Insoluble Fiber:**
Helps to move food through the digestive system by holding water and creating bulk

This type of fiber is found in green beans.

**Soluble Fiber:**
Helps maintain a feeling of fullness since it is slowly digested and helps to lower blood sugars

This type of fiber is found in dried beans and peas.

Fiber keeps your body healthy and happy.

Did you know that beans are one of the TOP sources of fiber?

Fiber helps to protect against chronic diseases and weight gain.

Children should have 25-30 g of fiber per a day and it's easy!

1 cup of oatmeal with 1/2 cup raspberries
1 cup of grapes
PB&J on whole grain bread with 1/2 cup of string beans, 8 baby carrots, and 2 Tbsps of hummus
1/2 cup of brown rice with 1/2 cup of black beans

All of these nutritious choices contain 27 g of fiber!