

5 EASY WAYS TO GET MORE FIBER

WHAT IS FIBER?

Fiber is part of plant-based foods and cannot be absorbed by our bodies. It helps to move digested waste through our GI tract. Fiber is crucial for digestive health and supports regularity.

SOLUBLE vs. INSOLUBLE FIBER

Fiber is either soluble or insoluble—and your body needs both types.

- **Soluble fiber** dissolves in water and forms a gel, which helps aid digestion. Soluble fiber is found in foods like oats, barley, beans, lentils, and fruits and vegetables such as oranges, prunes, broccoli and carrots.
- **Insoluble fiber** helps to pass foods through your digestive tract, sweeping out waste from your body like a broom. Insoluble fiber is in wheat bran, whole grains, and fruits and vegetables like avocados, pears, corn, and green beans.

HOW TO GET MORE FIBER

1. EAT YOUR VEGETABLES & FRUITS

Eat a wide variety of fruits and vegetables every day to get the nutrition and fiber that you need. Here are some ways to make eating fruits and veggies tastier and easier:

- **Roast your veggies:** Add a side of roasted winter squash, broccoli, cauliflower, carrots, onions, or sweet potato with your next meal.
- **Sneak in snacks:** Make fruits and vegetables your go-to snack.
- **Air fry 'em:** Throw a cup of asparagus, broccoli, green beans or cauliflower into the air fryer to give vegetables a crispy, tasty texture.
- **Zoodle your noodles:** Use a vegetable spiralizer to make “noodles” out of zucchini or butternut squash for a pasta substitute.
- **Add-ocado:** Avocado toast or guacamole will add several grams of fiber to your day.
- **Get popping:** Popcorn makes for a tasty, fiber-filled snack.

2. ADD A FIBER POWERHOUSE TO YOUR DAY

Beans and lentils, a.k.a. legumes, are chock-full of fiber, along with other nutrients. They're also inexpensive, easy to prepare, versatile, and can be a delicious main course or side dish.

3. OPT FOR WHOLE GRAINS

Whole grain foods are a delicious way to add fiber plus new and tasty grains to your diet. Your local grocery store has so many options—whole wheat breads, pitas and pastas, brown rice, oatmeal, whole grain cereals, and corn tortillas. There are a WHOLE lot of options to explore.

4. GO NUTS! ADD SEEDS

Nuts and seeds are small but mighty—they add both fiber and protein to snack time. An ounce of nuts or seeds—about a small handful—are about one serving. Eat them on their own or add them as a topping to salads, yogurt, or cereal.

5. TAKE FIBER SUPPLEMENTS

Daily supplements come in a variety of formats. Fiber gummy supplements are a delicious and convenient way to get more fiber. Check with your health-care professional to ask if fiber supplements are a good choice for you.

Try one of these healthy & delicious **vitafusion™** fiber gummy supplements:

- **Fiber Well™** Digestive health support in a delicious sugar-free gummy with 5 grams of prebiotic fiber per serving, plus natural peach, strawberry and berry flavors*
- **Fiber Well Fit** A tasty sugar-free gummy with 4 grams of soluble fiber per serving plus 6 high-potency B vitamins per serving to support carbohydrate, fat and protein metabolism*
- **Fiber Well + Probiotics** For delicious digestive and regularity support with 3 grams of fiber plus 800 million CFUs of probiotics per serving to provide good bacteria to your digestive tract*

Brought to you by the **vitafusion™** nutrition experts.

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