# THE HEALTH BENEFITS OF FIBER

Powerhouse of Metabolic Health

## THE 4 CLASSIFICATIONS OF DIETARY FIBER

### 💧 Soluble
Dissolves in water to form a gel. Effectively traps fats and sugars to blunt glucose spikes.

### 🧹 Insoluble
Does not dissolve. Acts as a natural "broom" to promote regularity and add physical bulk.

### ⏳ Viscous
Forms a thick gel that slows gastric emptying, keeping you full and preventing crashes.

### 🦠 Fermentable
Premium prebiotic fuel. Gut bacteria ferment it to produce protective short-chain fatty acids.

## THE 5 CORE HEALTH BENEFITS

**1 Powerful Prebiotic Effect**
Acts as essential fuel for healthy gut bacteria, promoting the production of Short-Chain Fatty Acids (like butyrate) that suppress systemic inflammation and protect the intestinal barrier.

**2 Regulates Intestinal Transit**
Adds volume and retains water for softer stools, preventing constipation. It performs a critical "scrubbing" function, trapping and excreting potentially toxic substances from the body.

**3 Enhances Satiety & Weight Control**
Forms a viscous gel that fills the stomach and triggers powerful satiety hormones (GLP-1 and PYY). It creates a "second-meal effect" stabilizing energy and appetite throughout the day.

**4 Reduces Chronic Disease Risk**
Slows glucose absorption to prevent insulin spikes, dramatically reducing type 2 diabetes risk. Additionally, fiber's prebiotic and anti-inflammatory effects actively shield against heart disease and certain cancers.

**5 Proven Cholesterol-Lowering Effect**
Acts like a digestive sponge binding to bile acids for safe excretion. This forces the liver to pull circulating LDL ("bad") cholesterol directly from the bloodstream to manufacture new bile acids.

## DAILY INTAKE GUIDELINES

| | |
|---|---|
| Adult Men (14–50) | **38g / day** |
| Adult Women (14–50) | **25–28g / day** |
| Managing Type 2 Diabetes | **35–50g / day** |

⚠️ **Important Note:** Transition slowly! Increase intake by a maximum of 5g per week and drink significantly more water to prevent bloating and cramping.

## PRACTICAL DAILY HABITS

- ✅ **Swap Refined Grains:** Choose whole grains — like whole-wheat pasta, brown rice, and quinoa — to retain the fiber-rich bran.
- ✅ **Sequence Meals:** Eat high-fiber veggies before carbohydrates to trigger satiety hormones and blunt glucose spikes.
- ✅ **Embrace the Peel:** Up to 50% of a fruit or vegetable's total fiber is located right in its edible skin.
- ✅ **Supercharge Meals:** Simply sprinkle chia seeds, flaxseeds, or fresh berries onto your usual yogurt and salads.

## KEY FIBER TYPES, SOURCES & HEALTH BENEFITS

### Beta-glucans — SOLUBLE / VISCOUS
🫐 Oats, barley, mushrooms

Acts as a powerful prebiotic, blunts post-meal glucose spikes, and actively reduces LDL ("bad") cholesterol.

### Pectins — SOLUBLE / FERMENTABLE
🍎 Apples, berries, citrus fruits

Drives microbiome modulation, safely slows down digestion, and assists in normalizing cholesterol levels.

### Resistant Starch — SOLUBLE / FERMENTABLE
🫘 Legumes, cooked & cooled potatoes

Dramatically improves insulin sensitivity, adds soft bulk to stools, and is linked to reduced visceral fat.

### Cellulose & Lignins — INSOLUBLE
🌾 Wheat bran, nuts, fruit skins

Absorbs water, adds physical bulk to stool, and fortifies the gut barrier to maintain optimal regularity.

Want the full picture? For more articles, infographics, and resources, visit: **fabdelta.com/infographics**

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