

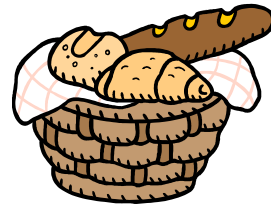
## Controlling your risk: A healthy diet includes whole grains and high fiber foods

**Eating foods with lots of fiber**, like whole grains...

- helps keep your bowel movements regular.
- decreases risk for some cancers.
- may keep your blood glucose normal.
- can help lower your total cholesterol.

**There are two types** of dietary fiber, soluble and insoluble, include both in your healthy diet plan.

**Insoluble fiber** does not dissolve in water. Common sources are whole wheat and the skins of many fruits, beets, Brussels sprouts, cabbage, celery, cauliflower, and turnips.



**Soluble fiber** dissolves in water. It is found inside apples, carrots, dried peas and beans, oatmeal, oat bran, rice and grains.

**Avoid problems** while adding high fiber foods to your diet...



- Add fiber slowly. Too much, too fast, can cause gas, bloating or loose stools.
- Drink 6 to 8 glasses of water every day to prevent constipation.

The American Heart Association recommends 25 to 30 grams of fiber each day for an adult. To meet the guideline make sure half your grain servings are whole grains.

**Choose foods made with whole grains, including...**



- breads
- cereals
- pasta, couscous, bulgar, quinoa
- brown or wild rice

**Eat a variety of fruits and vegetables.**

**Eat cooked dried peas, beans or lentils every week.**