


Q4 2021

ENJOY HIGH FIBER. SKIP THE POWDERS.  SHOP NOW AND LEARN MORE

AARP [Home](#) [About Us](#) [Help](#) [Member Benefits](#) AARP Rewards 40.5% off 1% Match

f

t


in

be

Fiber, the Super Nutrient

Why it needs to be a staple in your diet

by General Mills Fiber One (Paid Content)



Get the Most Out of Your Day

Whether you spend your days tending your garden, hitting the links at your local golf course, or caring for your energetic grandchildren, one thing for sure: You need to get the most out of your day. What's one way to help do that? Add more fiber to your daily diet.

Fiber is a vital nutrient at any age, but it's especially critical as we get older, since our digestive systems can get a little sluggish. Fiber-rich foods help keep things moving along. Fiber is found in whole fruits and vegetables, whole-grain breads and cereals, and beans - giving you plenty of delicious options for a high-fiber diet.

That's a healthier nutrient. Fiber contributes to health and wellness in many ways. Studies show consuming fiber intake can help lower the risk of heart disease, help keep the digestive system running smoothly by promoting regularity, and help curb hunger.

Let's take a look at the different ways fiber can help you live a full, active life, and a few tips for the easy incorporation more fiber into your daily diet.

How fiber works in your body and why you need it



Fiber is a complex carbohydrate the body can't absorb or digest. There are two types of fiber. Soluble fiber dissolves in water and is found in foods like oats, peas, beans, and apples. It's known for its potential to lower cholesterol levels when incorporated into a heart-healthy diet (5-10 grams recommended daily).


Insoluble fiber doesn't dissolve in water. Instead, it moves through your digestive tract and helps other food move along with it, making it effective for good digestion and avoiding constipation. Insoluble fiber is found in whole grains, legumes, carrots, cucumbers, and tomatoes. Both types of fiber should be staples in your daily diet.

According to the 2020-2025 Dietary Guidelines for Americans, the recommended daily fiber intake is 49 grams per 1,000 calories of food. The Daily Value (DV) of fiber for food labeling is 28 grams. This is based on a 2,000-calorie diet. Your specific Daily Value may be higher or lower, depending on your calorie intake. Continue reading for tips and recipes to help you add more fiber to your day.

Get the Most Out of Your Day

Whether you're a morning person or a night owl, you can build healthy habits that help you live your best. Give these suggestions a try.

-  If you're a morning person, add fiber to your breakfast.
-  If you're an evening person, add fiber to your dinner.



ENJOY HIGH FIBER. SKIP THE POWDERS.

SHOP NOW AND LEARN MORE

THE FIBER ONE LEADING INGREDIENT


See Your Member Benefits

Get the Most From Your Membership

- Hundreds of discounts, programs and services
- Subscription to "AARP The Magazine"
- Free membership for your spouse or partner

[VIEW BENEFITS](#)

[Get Card](#) [Edit Info](#) [Update Interests](#)



ENJOY HIGH FIBER. SKIP THE POWDERS.

SHOP NOW AND LEARN MORE

"The first wealth is health."

— Ralph Waldo Emerson

Test Your Fiber Knowledge

Are you a fiber expert or new to this vital nutrient? Take this quiz to find out more about the benefits of fiber.

QUESTION

A diet rich in fiber can help provide which of these health benefits?

A. Help in lowering the risk of heart disease

B. Help in relief from and prevention of constipation

C. Help in curbing hunger

D. All of the above

"Exercise is king. Nutrition is queen. Put them together and you've got a kingdom."

— Bill Stearns

Saying YES to more fiber in your day is easy


Fiber doesn't have to come in a sack, apple or a busy jar of powder. It doesn't have to be something you take in the bathroom or your shopping cart, in your bathroom cabinet, in the top shelf of the pantry. Take your fiber and "You're It" too. These recipes from approved dietitians and reliable home cooks will have you and your family coming back for more. It's only a matter of time.

Delicious High-Fiber Recipes Guaranteed To Satisfy

Chocolate Avocado Mousse Parfait

[Download FREE Recipe Book](#)

Note that you know the benefits of fiber, plus all the delicious ways to incorporate it into your diet. It's time to reach your fiber. With some grain, fiber as part of your daily routine, you'll be able to live your days to the fullest and feel like your best, most vital self.



Fiber One™ Original cereal

[Click here to shop online for in-home delivery from your favorite retailers.](#)