

## High-Quality Carbohydrates & Fiber

Carbohydrates are a macronutrient found in grain products, vegetables, fruits, dairy products, beans, and sugar. Carbohydrate foods can provide calories for energy, vitamins, minerals, and fiber. However, not all carbohydrate foods are equal. Some are in their natural form and contain a lot of fiber, vitamins, and minerals. Others are in a processed form and have been stripped of their nutrients.

Fiber is the foundation of preventative nutrition. Along with other benefits, fiber:

1. slows rate of glucose absorption
2. binds bile acids and reduce fat and cholesterol absorption
3. lowers LDL cholesterol hormonally
4. enhances calcium absorption
5. promotes fullness - reduces energy consumption
6. prevents constipation, hemorrhoids, intestinal problems by increasing moisture in intestines
7. prevents bacterial infection of appendix
8. prevents diverticulitis by keeping colon in shape
9. prevents cancer by binding fat-soluble carcinogens
10. enhances Sodium & Water absorption
11. increases healthy intestinal bacterial growth by nourishing it
12. increases colon cell proliferation
13. increases metabolic energy production

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*This sheet goes on to explain how much fiber you need each day, rules of thumb to make your food choices high fiber, specific brands of cereals, breads etc with an adequate amount of fiber, tips for increasing natural high fiber foods in your diet, recommendations for fiber supplements, and much more!*

<b>Nutrition Facts</b>	
Serving Size ½ cup (114g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 90	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	