

Fiber

What is Fiber?

- Fiber is the substance in our food that makes our stool big and soft.
- Fiber is not a laxative. You need fiber even if you have daily bowel movements.
- The main source of fiber are fruits, vegetables, and whole grains.
- You will not get any fiber from fruit juices or vegetable juice.
- You need at least 30 grams of fiber a day. That's about 5 apples worth.

How Does Fiber Help?

Just like it is easier to get toothpaste out of a tube when the tube is full, it is easier for your body to have normal bowel function if your stools contain enough fiber. Even if you don't feel like you have to strain, your body will work better with the proper amount of fiber.

What Should I Do to Get Enough Fiber?

- Drink 8 cups of water a day. Fiber doesn't work if you don't drink enough water.
- Eat two servings of high fiber food at each meal (e.g. fruit and a vegetable, or two vegetables, or cereal and fruit, etc.)
- Find a fiber supplement you like, and take it every day. We would recommend FiberCon tablets. Take two tablets, three times a day

