



# Dietary fiber

Diets high in dietary fiber may help reduce the risk of colon cancer, heart disease, diabetes, and heartburn.



Choose whole-grain foods over white, enriched ones. Eat plenty of vegetables, fruits, beans, lentils, nuts and seeds.

Health experts advise adults getting 22 to 34 grams of dietary fiber a day. Most adults in the U.S. get only about 15 to 18 grams a day.

Choose whole-grain breads, cereals, and pasta instead of white and refined ones. Have legumes (beans, etc.) in salads, soups, chili, etc. Choose whole fruits over juices. Snack on vegetables.