Fiber is a type of carbohydrate that is found in plants. There are two types of fiber: soluble and insoluble.

**Soluble Fiber**
- Helps to slow down your digestion
- Can improve blood glucose
- Helps to regulate cholesterol & blood sugar

**Insoluble Fiber**
- Aids in digestion
- Promotes regular bowel movements
- Supports insulin sensitivity

We need both

Remember! When we eat more fiber, we have to also increase our water intake!

How much fiber is needed during pregnancy? 28 grams per day.
**Benefits of Fiber**

- Helps to lower cholesterol levels
- Can reduce the risk of heart disease during pregnancy
- Reduces the risk of type 2 diabetes
- Prevents constipation
- Regulates bowel movements
- Helps regulate insulin and blood glucose levels
- Help control weight
- Can prevent certain cancers

**Ways To Increase Fiber**

- Eat more whole fruits and vegetables
- Choose whole grains
- Eat the skin of fruits and vegetables
- Add nuts and seeds into your daily diet
Sources of Fiber

**Whole grains**
- Oats
- Whole grain cereal
- Bran
- Brown rice
- Whole wheat pasta
- Whole wheat bread

**Vegetables and Fruit**
- Broccoli
- Apples
- Avocados
- Cauliflower
- Sweet potatoes
- Carrots

**Legumes**
- Chickpeas
- Lentils
- Black beans
- Kidney beans
- Red beans

**Nuts & seeds**
- Chia seeds
- Walnuts
- Flax seeds
- Almonds
- Pumpkin seeds
- Cashews