

FIBER

Fiber is a type of carbohydrate that the body cannot digest. Fruits are one of the foods that is high in fiber that we should consume such as apples, bananas and many more whilst for vegetable are carrots, beets and broccoli. Each type of fiber—insoluble, soluble, and prebiotic is crucial to our health and wellbeing. For women, a daily fiber intake of 25 grammes is advised, while for men, a daily fiber intake of 38 grammes is advised. We must ensure that we consume adequate amounts of fiber because it supports healthy digestion, weight management, blood sugar regulation, and many other things.