

Fiber 101

Your essential guide to understanding fiber—the unsung hero of digestion, blood sugar balance, and lasting satiety.



What is Fiber?

Fiber is a type of carbohydrate that your body can't digest. Unlike other carbs that break down into sugar, fiber passes through your digestive system largely intact—and that's exactly what makes it so powerful for your health.

Think of fiber as nature's broom and sponge combined. It helps sweep waste through your digestive tract while also absorbing water and toxins along the way.

The Two Types of Fiber



Soluble Fiber

Dissolves in water to form a gel-like substance. This type slows digestion, helps you feel full longer, and can help lower cholesterol and blood sugar levels.

Best Sources:

- Oats & oat bran
- Beans, lentils & legumes
- Apples, citrus fruits & berries
- Chia seeds & flaxseeds
- Sweet potatoes & carrots



Insoluble Fiber

Doesn't dissolve in water. This type adds bulk to your stool, helps food pass more quickly through the digestive system, and promotes regular bowel movements.

Best Sources:

- Whole wheat & wheat bran
- Vegetables (especially skins)
- Nuts & seeds
- Brown rice & quinoa
- Cauliflower & green beans

You need both types! Most plant foods contain a mix of soluble and insoluble fiber.

Why Fiber Matters

Digestive Health

Prevents constipation and promotes regular bowel movements

Blood Sugar Balance

Slows sugar absorption, preventing spikes and crashes

Heart Health

Can help lower LDL cholesterol and reduce heart disease risk

Weight Management

Increases satiety so you feel full longer on fewer calories

Gut Microbiome

Feeds beneficial gut bacteria that support immune function

Reduced Inflammation

A healthy gut leads to less systemic inflammation

Daily Fiber Targets

25g

Women (daily minimum)

38g

Men (daily minimum)

Most Americans only get about 15g per day—half of what's recommended. Small, consistent increases can make a big difference.

Fiber-Rich Foods to Prioritize

Lentils (1 cup cooked)	15.6g	Black beans (1 cup)	15g
Chickpeas (1 cup)	12.5g	Chia seeds (2 tbsp)	10g
Avocado (1 whole)	10g	Raspberries (1 cup)	8g
Pear (1 medium)	5.5g	Oatmeal (1 cup cooked)	4g
Broccoli (1 cup)	5g	Sweet potato (1 medium)	4g
Almonds (1 oz)	3.5g	Apple (1 medium)	4.4g

How to Increase Fiber Safely

Go Slow

Increase fiber gradually—adding too much too fast can cause bloating, gas, and discomfort. Aim to add 3-5g per week until you reach your target.

Hydrate, Hydrate, Hydrate

Fiber needs water to work properly. Without adequate hydration (2-3L daily), fiber can actually worsen constipation. Think of fiber as a sponge—it needs liquid to expand and move.

Prioritize Whole Foods

Get fiber from real food sources rather than supplements or processed "fiber-added" products. Whole foods come with vitamins, minerals, and phytonutrients that supplements can't replicate.

Variety is Key

Different fiber sources feed different gut bacteria. Eating a variety of fruits, vegetables, legumes, and whole grains creates a more diverse and resilient microbiome.

Your Daily & Weekly Targets

Daily Minimums

5 different vegetables per day

1 leafy green (spinach, kale, arugula, chard)

1 high-fiber complex carb (sweet potato, lentils, beans, oats, farro)

Weekly Goal

30

different plant varieties per week

Research shows that eating 30+ different plants weekly creates the most diverse, resilient gut microbiome. This includes vegetables, fruits, legumes, whole grains, nuts, seeds, and even herbs and spices!

Signs You're Not Getting Enough Fiber

- Irregular bowel movements or constipation
- Feeling hungry soon after eating
- Blood sugar spikes and energy crashes
- Difficulty maintaining a healthy weight
- Elevated cholesterol levels
- Frequent bloating or digestive discomfort
- Low energy and fatigue
- Poor sleep quality
- Headaches and brain fog
- Skin issues like eczema or acne
- Weakened immune function
- Mood swings and irritability

Ready to Transform Your Digestion?

Fiber is foundational—but it's just one piece of the puzzle. True digestive wellness comes from understanding how all aspects of your lifestyle work together: what you eat, how you eat, your sleep, stress levels, and daily habits.

The Verdura Method helps you build sustainable habits that support your body from the inside out.

[Explore the 12-Week Course](#)

Verdura Method

Empowering you to transform your health through lifestyle choices—before reaching for medication.



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