



The Power of Fiber

Fiber is a carbohydrate that the body doesn't digest and plays a key role in managing diabetes. Understanding the different types and benefits of fiber can help you make informed dietary choices.

Types of Fiber

- **Soluble Fiber:** Dissolves in water to form a gel-like substance, slowing down digestion and helping to regulate blood sugar levels.
 - **Food Sources:** Oats, beans, lentils, fruits (apples, berries, citrus fruits), and vegetables (carrots, Brussel sprouts)
- **Insoluble Fiber:** Doesn't dissolve in water, promoting digestive health and preventing constipation.
 - **Food Sources:** Whole grains (wheat bran, whole wheat flour), vegetables (broccoli, cauliflower), and nuts and seeds



Benefits of Fiber for Diabetes Management

- **Improved Blood Sugar Control:** Fiber slows down the absorption of sugar into the bloodstream, preventing spikes in blood glucose levels.
- **Enhanced Digestive Health:** Fiber promotes regular bowel movements and prevents constipation.
- **Weight Management:** Fiber can help you feel fuller for longer, reducing the risk of overeating and aiding in weight management.
- **Reduced Risk of Heart Disease:** Fiber can help lower cholesterol levels, reducing the risk of heart disease.

Tips for Increasing Fiber Intake

- **Whole Grains:** Choose whole grain bread, pasta, and brown rice over refined grains.
- **Legumes:** Incorporate beans, lentils, and chickpeas into your meals.
- **Fruits and Vegetables:** Consume a variety of fruits and vegetables, including berries, apples, carrots, and leafy greens.
- **Seeds:** Add chia seeds and flaxseeds to your diet.
- **Hydration:** Drink plenty of water to help fiber work effectively.



Consulting With a Healthcare Professional

While fiber is a beneficial nutrient, it's important to consult with a healthcare professional or registered dietitian to determine the optimal fiber intake for your individual needs. They can provide personalized advice and address any specific concerns or dietary restrictions.

Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

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