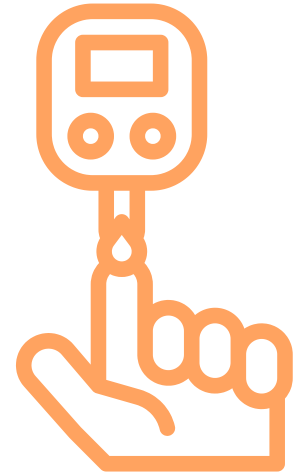


THE CONNECTION BETWEEN DIABETES AND DIETARY FIBER

WHAT IS DIABETES?

Diabetes changes the way our bodies use sugar as fuel. A hormone called insulin lets cells know to take in sugar for energy. When someone has diabetes, insulin does not work like it should, and this can lead to high blood sugar.



WHY IS DIETARY FIBER IMPORTANT FOR MANAGING DIABETES?

Fiber helps control blood sugar by slowing digestion and the release of insulin, so you stay full longer. It also protects the heart by lowering blood cholesterol.



References:

1. Centers for Disease Control and Prevention. (2022, June 20). Fiber: The CARB that helps you manage diabetes. <https://www.cdc.gov/diabetes/library/features/role-of-fiber.html>
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3. Mayo Foundation for Medical Education and Research. (2021, January 5). How much fiber is found in common foods?. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>



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LET'S TALK FIBER

Types of Fiber

Soluble fiber:

- Dissolves in water
- Helps to lower blood cholesterol and blood sugar levels
- Found in oats, beans, fruits and barley.

Insoluble fiber:

- Encourages movement within the digestive system
- Found in whole wheat flour, nuts, seeds, and on the skin of certain fruits and vegetables.

Amounts of Fiber

FOOD TYPE	GRAMS OF FIBER
Raspberries, 1 cup	8.0
Banana, 1 medium	3.0
Green peas, 1 cup	9.0
Brussels sprouts, 1 cup	4.0
Carrots, 1 medium	1.5
Whole wheat spaghetti, 1 cup	6.0
Brown rice, 1 cup	3.5
Whole-wheat bread, 1 slice	2.0
Black beans, 1 cup	15.0
Chia seeds, 1 oz	10.0



Created for the Food as Health Alliance by Lauren Turner, dietetic intern, July 2023



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