



Take a NOURISH Step!

October: The Role of Fiber In Diabetes



Did you Know?

Increasing fiber by just 5 grams/day can improve blood glucose.

What is Fiber?

Fiber is a nutrient found in plant foods such as fruits, vegetables, whole grains, and beans. Fiber is important for bowel health and promotes regular bowel movements. Consuming a diet rich in fiber offers numerous health benefits, including managing cholesterol levels, maintaining a healthy weight, and regulating blood sugar levels.

How much fiber should you eat?

- Women 50+ should aim for 22 grams/day
- Men 50+ should aim for 28 grams/day

Common food sources of fiber with serving sizes

- 1 cup raspberries (8 grams of fiber)
- 1 medium apple (5 grams of fiber)
- 1 medium banana (3 grams of fiber)
- 1 cup green peas (9 grams of fiber)
- 1 cup broccoli (5 grams of fiber)
- 1 baked potato with skin (4 grams of fiber)
- 1 cup of oatmeal (4 grams of fiber)
- 1 slice whole wheat bread (2 grams of fiber)
- 1 cup black beans (15 grams of fiber)



Fiber can...

Slow Digestion:

- Soluble fiber dissolves in water and forms a gel-like substance in your stomach, slowing down digestion.

Control Blood Sugar:

- The body doesn't absorb and break down fiber, meaning it doesn't cause a spike in blood sugar like other carbs do.

Soluble Fiber

- Soluble fiber plays a role in slowing digestion and controlling blood sugar.
- Soluble fiber is found in apples, bananas, oats, peas, black beans, lima beans, Brussels sprouts, and avocados.

Insoluble Fiber

- Insoluble fiber does not dissolve in water and usually remains whole as it passes through your stomach. This keeps your gut healthy.
- Insoluble fiber is found in whole wheat flour, bran, nuts, seeds, and the skins of many fruits and vegetables.

Importance of Hydration

Fiber needs water to work effectively.

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Trinity Manzke & Molly Ross 10/2026

High Fiber Chili (8 Servings)

Ingredients

- 1 medium sweet potato, peeled and diced
- 2 cans (15 ounces each) black beans, drained and rinsed
- $\frac{1}{2}$ cup quinoa
- 2 $\frac{1}{2}$ cups water or low-sodium vegetable broth
- 2 cans (14.5 ounce) diced tomatoes
- 1 medium onion, chopped
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon cumin
- 1 Tablespoons chili powder
- $\frac{1}{4}$ teaspoon salt
- 1 medium bell pepper, chopped (any color)

Directions

- Lightly grease the inside of the slow cooker.
- Combine all ingredients except the bell pepper in the slow cooker and mix well.
- Cover and cook on LOW for 5 to 6 hours or HIGH for 2 to 3 hours or until potatoes are soft.
- Stir in the bell pepper and cook for 10 to 15 minutes. Taste and adjust seasonings to your liking.
- Empty slow cooker and refrigerate or freeze leftovers within 2 hours.

Carbohydrate & Fiber Content

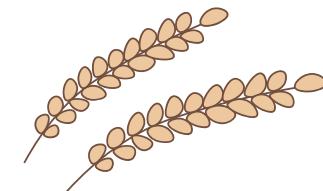
- 35g total carbs
- 12g protein



Photo used with permission.

Recipe adapted from

<https://foodhero.org/recipes/slow-cooker-black-bean-sweet-potato-and-quinoa-chili>



Fiber Boost Bingo

Make a recipe with beans	Snack on popcorn	Eat a high-fiber fruit
Add chia/flaxseed to oats	Make a whole-grain swap	Use hummus as a dip
Eat a high-fiber vegetable	Make the recipe above!	Make a sandwich on whole-wheat bread
Snack on berries	Try high-fiber cereal	Eat lentils

Keep taking NOURISH Steps and learn more about fiber at:

<https://www.cdc.gov/diabetes/healthy-eating/fiber-helps-diabetes.html>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>

