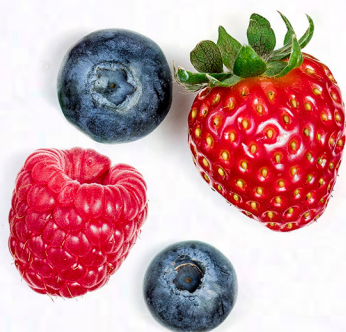




— THE FUSS OVER — FIBER



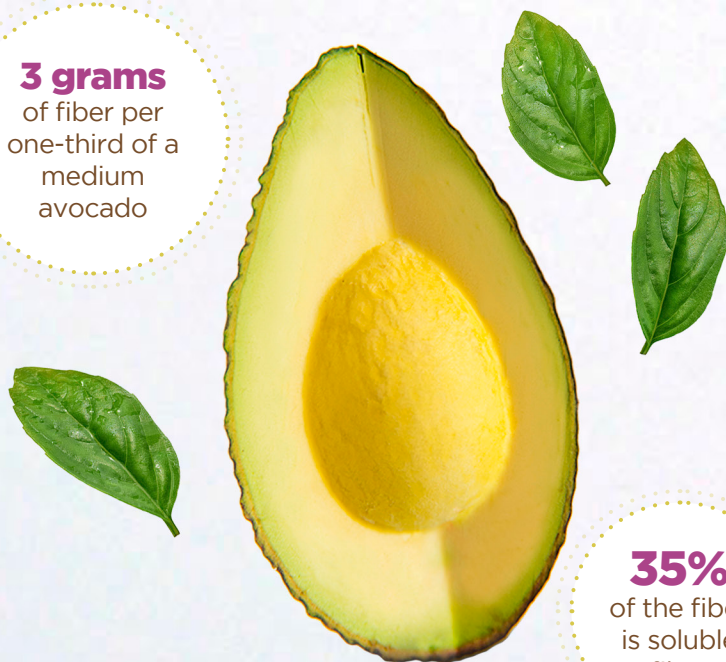
If You Are Living With Type 2 Diabetes or Prediabetes, Fiber Is Your Friend



More people are living long and healthy lives with diabetes, supported by eating patterns that include **plenty of fiber from fruits and vegetables**. Fiber slows digestion and the absorption of sugar into the blood, which can support blood glucose targets. Staying in your target range can also help improve your energy and mood. Fiber also contributes to feelings of fullness that are important for managing appetite and body weight.

Soluble fiber, a specific type of fiber found in certain foods, helps prevent the digestive tract from absorbing cholesterol and reduces the risk of heart disease. People with diabetes have double the risk of developing heart disease as those who do not.

3 grams
of fiber per
one-third of a
medium
avocado



35%
of the fiber
is soluble
fiber

Need More Fiber? Most People Do. And Avocados Have It!

More than 90% of women and 97% of men do not meet recommended intakes for fiber.

Creamy, delicious avocados to the rescue! **Avocados** are a good source of fiber and, unlike most varieties of fruit, avocados do not contain sugar.



Small Changes Can Make Big Differences

Making changes to eating patterns can feel like a hard thing to do, which is why experts recommend looking for manageable ways to make every bite count towards healthy living goals. When it comes to getting more fiber, start with enjoying more of the fruits and vegetables you love.

The following recipes use tasty avocados to make it easier to get more fiber in your diet. Each one is developed by a registered dietitian and tested for deliciousness.

[Go to recipe](#)

Avocado Blueberry Smoothie

[Go to recipe](#)

Crunchy Avocado Chicken Salad

[Go to recipe](#)

Air Fried Avocado Tacos