

95% of people aren't getting enough fiber. Are you?

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Featured topic and speaker

What's one nutrition recommendation most doctors agree on? Eat more fiber.

Fiber is one of the most important nutrients for your health, yet most people aren't getting enough of it. In this quick nutrition tip, Nate Wood, MD, MHS, explains why fiber matters, where to find it, and how adding more plant-based foods to your meals can support your heart, gut, blood sugar and overall health.

Learn simple ways to boost your fiber intake with foods like fruits, vegetables, whole grains, beans, lentils, nuts and seeds—without overhauling your entire diet.

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Speaker

- **Nate Wood, MD, MHS**, obesity medicine physician, internal medicine; director, culinary medicine, Yale University School of Medicine

Transcript

Dr. Wood: If there's one thing us doctors can agree on when it comes to nutrition, it's this. More fiber. And where do we get fiber? Plants. So we have fruits here, lots of fiber, vegetables, whole grains, nuts and seeds—and my personal favorite—legumes, which are these beans and lentils. All of these are packed with fiber. You can only get fiber from plants.

And fiber is so good for us. Lowers blood cholesterol, blood sugar, helps with weight management, keeps us full, feeds our gut microbiome. Fiber is so good for us. And 95% of us don't get enough. So when it comes to fiber, I do have one tip. Increase it slowly and be sure to drink enough water.

That's how you really avoid some of these gastrointestinal complications, bloating, things like that. So I'm not saying you have to go totally vegetarian or vegan, but incorporating maybe some oats at breakfast, some beans with your salad, some lentils in your soup. Adding more plants, more fun, more color, it's going to help get you there.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health and diet, please consult your doctor.