

BEYOND DIGESTION:

3 TYPES OF DIETARY FIBER THAT POWER YOUR HEALTH



The natural way to support digestion, hormones, and metabolism.

FIBER IS THE MOST OVERLOOKED HEALTH HERO IN YOUR DIET.

It supports far more than digestion—think metabolism, hormones, detox, and brain health.

And yet over 90% of Americans don't get enough.

This guide breaks down the 3 essential types of fiber, what they do, and where to find them—so you can start feeling the difference.



1. SOLUBLE FIBER

WHAT IT DOES:

- Forms a gel in your gut to slow digestion
- Lowers LDL cholesterol
- Stabilizes blood sugar (especially when eaten before a meal)
- Feeds your good gut bacteria (prebiotic)
- Stimulates GLP-1, the satiety hormone that helps curb cravings and manage weight

WHERE TO FIND IT:

- Oats
- Beans and lentils
- Apples and carrots
- Chia and flax seeds

PRO TIP: Soluble fiber is also a prebiotic—fuel for your microbiome. For even better gut support, pair fiber-rich foods with polyphenols (like berries or olive oil).



2. INSOLUBLE FIBER

WHAT IT DOES:

- Adds bulk to your stool
- Speeds up gut transit time
- Prevents constipation
- Promotes colon health

WHERE TO FIND IT:

- Leafy greens
- Cauliflower
- Whole grains
- Avocados

DID YOU KNOW? Soluble and insoluble fibers work best together. Soluble fiber binds to things like excess estrogen. Insoluble fiber helps move it out of the body.

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3. RESISTANT STARCH

WHAT IT DOES:

- Resists digestion and feeds your gut bacteria
- Produces butyrate (a short-chain fatty acid that fuels your gut lining)
- Lowers inflammation
- Supports gut repair and brain health

WHERE TO FIND IT:

- Green bananas
- Cooked and cooled potatoes or rice
- Beans
- (Or try a supplement from green banana, baobab, or potato starch)

BEST TIME TO TAKE IT: Resistant starch works especially well in the evening. Taken at night, it can help activate GLP-1 and PYY during overnight fasting—supporting satiety, blood sugar balance, and gut repair while you sleep.



HOW TO GET 35+ GRAMS OF FIBER A DAY

- Increase fiber slowly to avoid bloating
- Drink plenty of water
- Aim for variety: 30+ different plant foods per week (per the American Gut Project)
- Consider gentle supplements like flaxseed, acacia, or resistant starch (skip psyllium if it causes cramping)

FINAL THOUGHTS

Fiber fuels your gut, your hormones, your metabolism, and more. Start small, stay consistent, and let fiber do the heavy lifting for your health.



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