

Are Fiber Supplements Still Beneficial Even If You Eat A Healthy Diet?



Author: Molly Knudsen, M.S., RDN
September 27, 2023

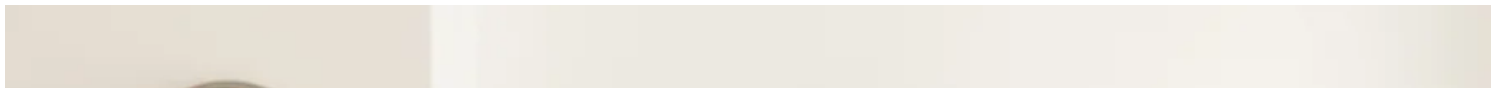


Image by **Valentina Barreto** / Stocksy

I'm an R.D. and it's no secret that I've been loving (OK, borderline obsessing over) our fiber powder, organic fiber potency+. I've added it to [oatmeal](#), [smoothies](#), and [yogurt](#)—the possibilities are truly endless.

I was recently gabbing with some friends about it and they all asked me the same thing: "I eat healthy, why would I need a fiber supplement?" This is a fair point.

Even I just started taking a fiber supplement mere months ago.

But the fact is that even if you eat healthy (including at least five servings of fruits and vegetables, whole grains, legumes, etc.) you may still be falling short on daily fiber recommendations or not getting enough of certain types of fiber.

Here's what I told my friends about how much fiber you actually need—and how to tell if you could benefit from a supplement.

How much fiber do you actually need?

The National Academies recommends women get a minimum of 21 to 25 grams of fiber per day^{1✓} (unless pregnant or breastfeeding when recommendations are even higher) and men shoot for a minimum of 30 to 38 grams. But about 95% of Americans^{2✓} are not hitting that mark—let alone exceeding it.

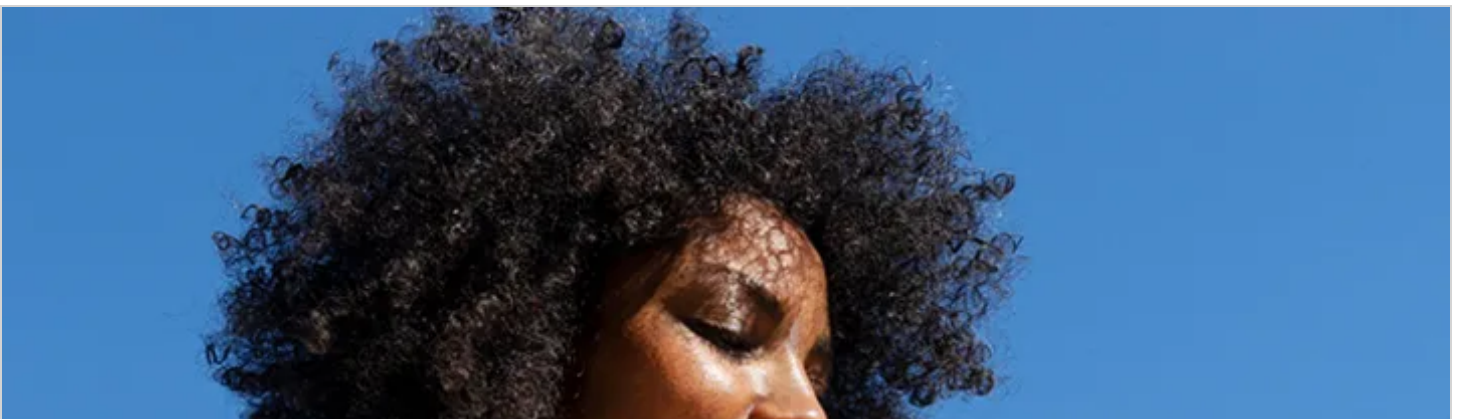
Yes, you can get adequate fiber from your diet by adding plenty of plant foods (fruits, vegetables, whole grains, legumes, nuts, seeds) to each of your meals. But these high-fiber foods may not provide as much fiber per serving as you think. Let's look at a few examples:

½ cup dry oats: 4 grams

1 cup quinoa: 4 grams

½ cup berries: 4-8 grams

1 cup Brussels sprouts: 3 grams





Need help with your health? This quiz will get you answers.

Learn how to fill your health gaps in 90 seconds.

TAKE QUIZ

As these numbers show, even if you eat healthfully, there's still a chance you're falling short of the recommended (or *your* optimal) intake.

Signs you're not getting enough fiber

While you're likely not tracking each gram of fiber you consume, there are other ways to tell if this nutrient is lacking on your plate. (And I encouraged my friends to think through whether they've been experiencing any of these signs.)

1

You're hungry right after you eat: Since fiber is a nondigestible part of carbohydrates, it fills your gut and helps you feel full and satiated after a meal.

2

You don't have a regular poop schedule: Are you often backed up? Or do you have the opposite problem and go No. 2 too frequently? Eating more fiber in general

can [help keep you regular](#) in both scenarios. Fiber helps regulate how quickly digested food moves through the gut and stool consistency.

3

Your cholesterol levels are higher than they should be: If you recently had a blood test done and noticed your cholesterol levels slowly creeping up, it may be because you're not eating enough fiber. Fiber binds to cholesterol in the gut and politely escorts it out of the body in waste. So eating more fiber helps keep [cholesterol levels](#) in a healthy range.

4

Having a hard time losing or maintaining weight: Fiber is a nutrient you should be [eating more of to help maintain your weight](#) or encourage healthy weight loss. Not only does it help keep you full from meals by adding that bulk, but it also has multiple effects on the body that promote a healthy appetite. Decades of research show that people who eat more fiber tend to have a [healthier body weight](#)^{3✓}.

How organic fiber potency+ can help

Taking a [high-quality fiber supplement](#) can play an essential role in helping you reach your fiber intake goals and fine-tune your digestive and overall health goals.*

organic fiber potency+



Advanced fiber sources to promote satiety and regularity*



SHOP NOW

mindbodygreen formulated [organic fiber potency+](#) to do just that.

A serving (just one small scoop of flavorless powder) provides 6 grams of fiber from organic guar beans, a trio of mushrooms, and green kiwi fruit. That's about 21% of your daily needs right there.

Guar bean fiber, in particular, has heaps of studies showing its beneficial role in:*

Increasing [frequency and quality of bowel movements](#) ⁴✓

Maintaining [healthy stool form, color, and frequency](#).

[Lowering LDL](#) ⁵✓ (aka "bad") and total cholesterol

Supporting [feelings of satiety](#) ⁶✓

Guar beans also deliver prebiotic fiber, meaning they nourish the gut microbes living in your gut (not the [bad bacteria](#)).^{*} [Not all fibers are prebiotics](#), and a good source of prebiotics was something I knew my diet was lacking.

I tend to add [organic fiber potency+](#) to my morning meal. And the biggest change I noticed off the bat was how satisfied it kept me till lunch. No grumbling stomach. After a few more months of consistent use, I'm excited to see the impact it has on my cholesterol levels.^{*}

ADVERTISEMENT ⓘ

The takeaway

Fiber is vital to many functions in the body, especially those related to bathroom regularity, appetite regulation, cholesterol levels, and gut health. And like most Americans, you likely aren't currently getting enough in your diet—even if you eat generally healthy.

Choosing a high-quality fiber supplement like [organic fiber potency+](#) is a smart (and downright easy) way to amp up your daily fiber count and help your gut microbiome thrive. So take it from a dietitian who used to be in your shoes: Even if you think you don't *need* a fiber supplement, you may feel better after giving it a go.

If you are pregnant, breastfeeding, or taking medications, consult with your doctor before starting a supplement routine. It is always optimal to consult with a health care provider when considering what supplements are right for you.

organic fiber potency+

Advanced fiber sources to promote satiety and regularity^{*}



SHOP NOW

Want to turn your passion for wellbeing into a fulfilling career? Become a Certified Health Coach! [Learn more here.](#)



Molly Knudsen, M.S., RDN

Registered Dietitian Nutritionist

Molly Knudsen, M.S., RDN is a Registered Dietician Nutritionist and mindbodygreen's supplements editor. She holds a bachelor's degree in nutrition from [Texas Christian University](#) and a master's in nutrition interventions, communication, and behavior change from [Tufts University](#). She lives in Boston, Massachusetts and enjoys...

6 Sources



mindbodygreen

[ABOUT US](#)

[CONTACT](#)

[WRITE FOR US](#)

[JOBS](#)

[ADVERTISE](#)

[BECOME AN AFFILIATE](#)

[COLLECTIVE](#)

© 2009 - 2023 MINDBODYGREEN LLC. ALL RIGHTS RESERVED.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

[terms of sale](#)

[terms of use](#)

[disclaimer](#)

[privacy](#)

[data collection](#)

[accessibility](#)

[editorial process](#)