

High Fiber

Did you know that most Americans get only half of the recommended amount of fiber each day? Fiber is important for keeping your intestinal system healthy, preventing diverticulosis/diverticulitis, and lower cholesterol. The recommended amount is 30g per day.

Fiber is found in fruits, vegetables, and high fiber breads. Often our meals are filled with meat, potatoes, and white bread. If you get your fruits by drinking fruit juice, you are missing out on the fiber as well. Whenever the nutritious skins of fruit & vegetables are peeled off, you're throwing away the fiber.

Some quick tips for increasing fiber in your diet:

ü *Choose high fiber or whole grain breads.*

- High fiber is at least 2-3 grams of fiber *per slice of bread*. Read the *serving size* carefully since some breads will tell you 3g of fiber for two slices of bread.

ü *Eat less naked fruit & vegetables.*

- Keep the skins on whenever possible. Include the potato skins in mashed potatoes. Eat fresh fruit with the skins.

ü *Try a fiber supplement.*

- Metamucil, Benefiber, and others just got better! They have clear versions that are tasteless, colorless and dissolve in liquids without the thick, flaky fiber foam.
- Chewable fiber tablets are also available so you don't have to mix anything. Some chewable tablets even come with a substantial amount of calcium. They aren't quite as good as a calcium tablet, since there is no vitamin D to help absorb the calcium into your body. *However, some calcium is better than no calcium if you struggle to get your 4 cups worth of milk (1200mg) every day.*