

Health Minute

Fabulous Fiber...

A fiber-rich diet may help control levels of a blood protein linked to an increased risk of heart disease. A study published in the American Journal of Clinical Nutrition found that out of 524 people, the ones with the highest fiber intake had lower levels of C-reactive protein (CRP). CRP is a marker of ongoing inflammation in the body. Consistently high levels of CRP can be a risk factor for future heart disease. The theory is that fiber helps to lower cholesterol and blood sugar, both of which can contribute to inflammation.



Did you know?	How to get your daily fiber
<p>Most Americans get about half of the recommended 20-35 grams of fiber per day.</p> <p>High-fiber diets can lower your risk of colon cancer.</p> <p>Fiber can help prevent flares of painful diverticulitis.</p> <p>Fiber can prevent and relieve constipation</p>	<p>Choose foods with “bran,” “whole wheat,” and “whole grain”</p> <p>Eat whole fruit instead of juice (1 medium apple = 3g fiber)</p> <p>Eat the skins of vegetables (potato with skin = 4g fiber)</p> <p>Add beans as a side dish (1/2 cup kidney beans= 8g fiber)</p> <p>Use brown rice instead of white (1 cup brown rice = 3g fiber)</p>