

Nine Facts about Fiber People Should Know

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To look for a way toward a high octane diet, you will realize that fiber is exactly what you need. Although several researches have shown that fiber is powerful, many people do not take this nutrient seriously. Just follow 10 facts below to help you fuel your health with fiber:

1. Fiber helps prevent you from diseases. Diet high in fiber can help protect you of colon cancer and heart disease. High fiber helps the body system in cholesterol elimination process by attaching itself in the digestive tract. For thousands of years, fiber has been used for the prevention of constipation.
2. Fiber can actually help you from the problem of overeating. Food with high in fiber requires you to chew and digest it with longer time. It means that you will need to spend longer time in your food satisfaction process.
3. Most popular foods we often eat do not contain sufficient fiber. In case that you enjoy eating these popular foods, you probably need to increase your fiber intake.
4. Fiber can be mostly found in grains. Dietary fiber is actually a plant matter that we cannot digest. The best sources of fiber include whole grains and concentrated grain products.
5. Kids are also in need of fiber. Children with their ages of over 2 years should consume fiber for daily basis. Kids can easily get fiber from fruits, vegetables, and fortified breakfast cereal.
6. More fiber requires more water. To keep fiber moved through your digestive tract, you will need to drink a lot of water. With your fiber diet, you need eight glasses of water or more in every day.
7. Fiber cannot be cooked out. When you cook your fruits and vegetables, do not worry about cooking the fiber out. The fiber found in fruits and vegetables are not just on the skins of fruit and vegetable surfaces.
8. You can easily get enough fiber. Avoid eating more than 50 grams of fiber in one day as it can cause you diarrhea and bloating, which can negatively affect your body's absorption of other key minerals.
9. It is not really hard to get correct amount of fiber in your diet. You may think that getting correct quantity of fiber intake is a complicated process. All what you have to do is to eat right foods and you will be well on your way to a fiberrich lifestyle. As one of the key formula for healthy eating, fiber is something you should be sure that you have enough of it. Fiber serves us many different purposes, which have been covered above. If you do not get sufficient quantity of fiber in your diet. Correct the situation now. Do not wait until it is too late.