

PARISH NURSE NOTES – JANUARY 2022

Nutrition is a young science, and there's so much we don't know yet about how food affects health. But one thing experts agree on is that fiber is absolutely a good thing.

4 BENEFITS OF EATING MORE FIBER - [VALLEY PHARMACY]

1. It reduces your risk of diabetes

- a. A 2018 article published in the Journal of Nutrition looked at the existing evidence on fiber intake and diabetes. The key finding: adults who ate at least the recommended amount of fiber (25 grams per day for women, 38 grams per day for men) were significantly less likely to develop type 2 diabetes later in life. Also, the fiber found in whole grains might be the most effective in preventing diabetes.

2. It steadies your blood sugar

- a. A big reason why fiber reduces diabetes risk is that it helps keep your blood sugar steady. A 2017 randomized controlled trial published in The American Journal of Clinical Nutrition looked at how fiber affected the blood sugar levels of people with Type 2 diabetes after a meal. People who ate 15 grams of fiber at breakfast had lower blood sugar levels than those who ate just over 3 grams of fiber, even though both groups ate the same number of calories.

3. It helps keep you regular

- a. There are 2 types of fiber. Soluble fiber dissolves into a gel during digestion, while insoluble fiber stays intact as it moves through your body. Both types of fiber play a unique role in keeping you regular. According to the U.S Department of Agriculture (USDA), both types of fiber help prevent constipation.

4. It can lower your cholesterol, reducing your risk of heart disease and stroke of fiber

- a. The American Heart Association (AHA) recommends getting at least 25 grams of fiber per day, because fiber lowers your risk of heart disease and stroke. That's because fiber reduces the amount of cholesterol absorbed into your bloodstream, thus lowering your LDL cholesterol levels over time. High-fiber foods have other heart-healthy benefits as well, like reducing blood pressure and chronic inflammation.

HOW TO BOOST YOUR FIBER INTAKE:

To hit your daily fiber goal, aim to eat 8-10 grams of fiber each meal. You can do that by choosing whole grains over refined grains, filling half of your plate with fruits and vegetables, and working in plant-based proteins like legumes and nuts.