
FIBER

What role does this nutrient play in good health?

How Much Fiber Do You Need Daily?

According to the Dietary Guidelines for Americans, “The AI for fiber is 14 g per 1,000 calories, or 25 g per day for women and 38 g per day for men. Most Americans greatly underconsume dietary fiber, and usual intake averages only 15 g per day.” That’s way below the recommendations!

To turn things around, the guidelines explain, “To meet the recommendation for fiber, Americans should increase their consumption of beans and peas, other vegetables, fruits, whole grains, and other foods with naturally occurring fiber.”

If you don’t get enough fiber, then you raise your risk of heart disease, diabetes, and obesity, while neglecting to offer your digestive system all the tools that it needs.

Fiber and You:

Dietary fiber is a non-digestible form of carbohydrates and lignin. It’s also a nutrient that’s vital to good health. You can find it in vegetables, fruits, and most whole grains.

The Dietary Guidelines for Americans assert, “Dietary fiber that occurs naturally in foods may help reduce the risk of cardiovascular disease, obesity, and type 2 diabetes.” They continue, “Dietary fiber [...] helps provide a feeling of fullness, and is important in promoting healthy laxation.” In other words, fiber reduces your risk of chronic diseases like heart disease and diabetes, while making it easier to maintain a normal weight. It also helps the digestive system work well.

