

High fiber

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It's common knowledge that dietary fiber helps to regulate bowel function, but did you know that regularly choosing foods high in fiber can also help with weight management, diabetes, and heart health? High-fiber foods have also been shown to prevent diverticulosis and some types of cancer.

How to increase dietary fiber

Plant foods are the best sources of dietary fiber, including whole grains, fruits, vegetables, beans, lentils, and nuts and seeds. Less processed foods are higher in fiber, so a whole apple is a better choice than applesauce or apple juice, which have little to no fiber. Leave the peel or skin intact when possible to get the maximum fiber benefit.

Men over the age of 50 should have at least 28 grams of fiber each day, while women should aim for a minimum of 22 grams. Use the Nutrition Facts labels while grocery shopping to find foods with at least 3 grams of fiber per serving.

Because fiber in foods takes longer to digest, it helps you to feel fuller for longer between meals. High-fiber foods can also help to regulate blood glucose levels, as opposed to more processed foods with less fiber. Look to replace white or refined products, such as bread or pasta, with whole wheat or whole grain options whenever possible. Be sure to increase your fluid intake when you increase your high-fiber choices to promote healthy digestion and alleviate constipation.

Sources: <https://www.eatright.org>

Oregon Cascades West

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Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

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