
Blood Glucose, Cholesterol, Hypertension Management: Focus on Fiber!

Dietary fiber is the edible portions of plant cell walls that are resistant to digestion. The recommended fiber intake is 20 - 35 grams per day for adults, (10 - 13 grams for every 1,000 calories in the diet).

What are the benefits of eating fiber rich foods?

They digest slowly and are absorbed gradually into the blood stream thereby preventing large blood glucose and insulin spikes. The overall result of slow digestion results in an increased feeling of fullness and satiety.

What type of fiber should you eat?

Since each type provides a different benefit, a combination of soluble and insoluble fiber should be consumed in a 3:1 ratio. The difference between the two types of fiber are based on the properties they display when mixed with water.

SOLUBLE FIBER

- Is "soluble" in water- when mixed with water it forms a gel-like substance and swells.
- Moderate blood glucose levels and lowers cholesterol.
- Good sources = oats and oatmeal, legumes (peas, beans, lentils), barley, fruits and vegetables (especially oranges, apples and carrots).

INSOLUBLE FIBER

- Does not absorb or dissolve in water-passes through our digestive system in close to its original form.
- Benefits intestinal health, reduces occurrence of hemorrhoids and constipation
- Good sources = bran layers of cereal grains.

Start incorporating flax meal, wheat germ, chia seeds, hemp hearts into your dishes (yogurts, smoothies, mixed into peanut butter, mixed into pancake/ waffle mix, etc.) 2 Tbsp / day to aid with digestion and increased fiber and omega-3 intake (Bob's Red Mill or store brand).

For breakfast: Incorporate a healthy whole grain cereal such as:

Kashi Organic Promise Sprouted Grains
Nature's Path Organic Flax Plus Multigrain Flakes
KIND Healthy Grains Raspberry Clusters With Chia
McCann's Steel Cut Irish Oatmeal
Nature's Path Mesa Sunrise
Kashi Heart to Heart Honey Toasted Oat Cereal