

## Dietary Fiber – Why is it good for you?

- Fiber holds water, up to 15 times its own weight.
- Fiber counteracts constipation and, in turn, reduces the possibility of hemorrhoids and certain types of hernia.
- Fiber has been known to aid in lessening diverticulosis (a weakening of the intestinal wall), colon and rectal cancers, gastrointestinal disorders, LDL cholesterol, and the possibility of appendicitis.
- Fiber has even helped control diabetes and hypoglycemia, and increases desirable HDL cholesterol.
- A high-fiber diet has been shown to reduce the rate of colon and rectal cancers simply because cancer-causing elements in the food can move through the intestines more quickly.
- Also, people who eat more fiber don't have as much of an appetite for fatty foods, reducing their saturated fat. Saturated fat is associated with the development of both heart disease and certain cancers.