

NUTRITION NEWS & NOTES

Easy Ways To Add Fiber To Your Daily Diet

(NAPSA)—More vegetables and more whole grains. That's what the 2005 Dietary Guidelines from the Department of Health and Human Services recommend.

Yet while Americans know they should eat a fiber-rich diet that delivers between 20 to 35 grams of dietary fiber every day, most get less than 15 grams.

Fiber is found in fruits, vegetables, whole-grain and fortified foods, beans and legumes. Foods high in soluble fiber, which may help reduce the risk of heart disease, include oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries and apple pulp. Foods high in insoluble fiber include whole-wheat breads, wheat cereals, wheat bran, rye, rice, barley, most other grains, cabbage, beets, carrots, Brussels sprouts, turnips, cauliflower and apple skin.

It's a good idea to incorporate multiple servings of these foods into your meal plan. If you can't, you may want to supplement your diet.

International supermodel and fitness enthusiast Kim Alexis is leading an educational campaign on the health benefits of consuming more fiber on a daily basis.

"I have found fiber to be a key element of a proper diet," said Alexis. "I have now made a glass



Photo credit: Russ Harrington



Both soluble and insoluble fiber are important in any diet.

of water mixed with a scoop of Senokot Wheat Bran a part of my daily regimen, almost like drinking a glass of orange juice."

Senokot Wheat Bran, which uses 100 percent natural wheat, comes in three flavors—orange, orange flavor sugar free and flavor free sugar free.

Unlike other fiber products, the grit-free natural wheat bran powder mixes easily with an eight-ounce glass of water and doesn't gel up after stirring. According to Ms. Alexis, it's gentle enough to be taken every day.

The fiber supplement can be found in pharmacies and retail outlets, as well as grocers' shelves.

For more information about how fiber can help you, go to www.senokot.com.