

NUTRITION NEWS

Low-Carb Doesn't Have To Mean Low-Fiber

(NAPSA)—As many as 32 million Americans currently subscribe to a high-protein, low-carb diet such as Atkins, South Beach, and the Zone, as a way to lose weight. While many people find success with these diets, they may also find themselves lacking a healthy level of dietary fiber while adhering to them.

The “lifetime maintenance” phase of one of the most popular low-carb diets provides just 23 percent of the recommended fiber levels for women, and only 15 percent of what men need, on a daily basis. And dieters are not alone in this matter. On average, Americans get less than half the recommended daily allowance of fiber in their diet, which is 38 grams for men and 25 grams for women, according to the Food and Nutrition Board.

“People on low-carbohydrate diets need to realize that these diets may fall short of current recommendations for fiber intake, and they need to find ways to increase their fiber consumption,” says Joanne Slavin, Ph.D., professor of food science and nutrition at the University of Minnesota.

Dr. Slavin adds that because it's difficult to increase fiber intake from foods while on a carbohydrate-restricted diet, high-quality fiber supplements can be helpful for meeting dietary fiber requirements.

Benefiber® is the only fiber supplement that is so versatile it can be added to cooking without altering the taste or texture of foods, and dissolves instantly when mixed with non-carbonated beverages or soft-foods. It has only one gram of net-carbs per



If your diet isn't giving you enough daily fiber, supplements can help.

serving and can be used by people who do not get enough fiber in their diet, such as those on a low-carb diet, to provide up to 60 percent of the recommended daily allowance of fiber.

Nutrition experts also offer these additional tips for anyone wanting to increase their daily fiber intake:

- Choose whole-grain breads and pasta. Stir Benefiber® into pasta sauce.
- Eat whole fruit instead of drinking fruit juice when possible.
- Start your morning with cold or hot cereals that contain at least four grams of fiber per serving.
- Use beans or lentils in salads.
- Pack cold cereal, fruit or cut-up vegetables in your briefcase or backpack as snacks.

Benefiber can be found in drug, grocery, and mass merchandise stores around the country.

For more information on how to incorporate fiber into your diet, visit www.benefiber.com or call 1-800-452-0051.