

# NUTRITION NEWS & NOTES

## Worried About Your Health? Don't Forget Fiber!

(NAPSA)—Many people think if they eat their vegetables, exercise and stick to a healthy diet, they will stay healthy; and for the most part, they're right. Many people, however, forget that an integral part of a healthy diet includes proper levels of dietary fiber.

"Dietary fiber is an important nutrient our bodies need," says Heather Knox, R.D., Pharmavite Corporation. "For the most part, people know they need fiber, but they don't exactly know how much or where to get it."

Knox answers some common questions about dietary fiber:

### What is dietary fiber?

Simply put, dietary fiber is the part of fruit, nuts, vegetables, grains, and other plant foods that is not fully digested by the body.

### Why do I need fiber?

Fiber acts as the bulking agent that helps promote regularity. Fiber's special properties help maintain intestinal health and normal cholesterol levels. Fiber also helps you feel full, helping with weight management.

### How much fiber do I need?

The American Dietetic Association (ADA) recommends adults consume between 20 and 35 grams of dietary fiber daily, yet most Americans consume less than half of the daily requirement.

### How can I consume more fiber?

•**Eat your fruits and vegetables.** Most fruits and vegetables contain approximately two grams of total fiber per serving. Apples, oranges, bananas, legumes, broc-



**One 10-oz Optimize beverage contains as much fiber as five apples or almost 3 bowls of high fiber cereal.**

coli and carrots are all good sources of dietary fiber. The Food and Drug Administration (FDA) recommends consuming three to five servings of vegetables and two to four servings of fruit every day for good health.

•**Grab some grains.** Oat bran, whole wheat bread and rolled oats are good grain sources of fiber. Each serving contains approximately one to four grams of fiber.

•**Drink up.** For those looking for convenient sources of dietary fiber, new Optimize Hi-Fiber beverages contain 14 grams of fiber per 10-ounce bottle and offer a great-tasting, refreshing and clear alternative to traditional fiber agents such as Metamucil and Citrucel.

For more information on fiber, please call the Optimize nutrition hotline toll-free at 1-800-669-9163 or visit [www.optimizenutrition.com](http://www.optimizenutrition.com).