

News Of Nutrition

Easy Ways To Add Fiber To Your Diet

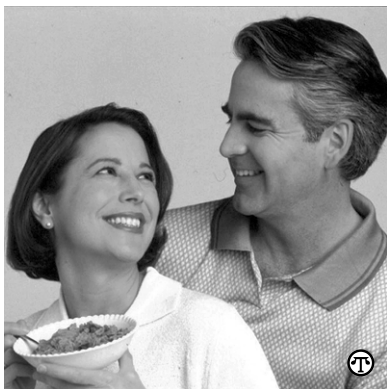
(NAPSA)—People may be able to lower their risk of some cancers, type 2 diabetes, heart problems and obesity simply by eating more fiber. Yet it's estimated that nine out of ten Americans do not eat enough fiber in their diets.

In fact, the latest data from the Centers for Disease Control and Prevention shows that the average American adult only consumes about half of the daily fiber requirement of 25 to 30 grams per day. So why do so many of us skimp on the fiber? One reason may be that people don't realize how simple it can be to add fiber to their diet. Nutritionists offer these tips:

• **Good Health Grows On Trees**—Choose fresh fruits and vegetables rather than vegetable or fruit juices. Leafy greens, apples, oranges, pears, peaches and grapes are all high in fiber. Be sure to wash your produce thoroughly and try to eat the skin of fruits.

• **Great Grains**—Choose fiber-rich whole grain foods whenever possible. Opt for sandwiches on whole wheat instead of on white bread or try a bran muffin in the morning instead of a blueberry one.

• **Start Early**—Breakfast is one of the easiest occasions to help you boost your fiber intake. For instance, a serving of Kellogg's Frosted Mini-Wheats, Raisin Bran or All-Bran can increase your fiber intake significantly. A bowl of Mini-Wheats alone has up to 25 percent of the recommended daily amount of fiber.



Doctors say eating one serving of high-fiber cereal a day for two weeks could provide health benefits that people can feel.

• **Choose Food**—Try to eat fiber-rich foods rather than taking fiber supplements, as the foods tend to contain more nutrients.

“Along with items like water, leafy greens and whole grains, fiber is an essential food, a cornerstone to good health,” explains Andrea Pennington, M.D., author of “The Pennington Plan,” noted lifestyle expert and past medical director of the Discovery Health Channel. Dr. Pennington encourages consumers to take the “fiber challenge.”

The challenge encourages Americans to increase their fiber consumption by eating one bowl a day of Frosted Mini-Wheats, Raisin Bran or All-Bran. Challenge organizers say that participants should feel a difference after eating more fiber for just that short period of time. For more information, visit www.kelloggs.com.