

Fiber

Excerpted from the website of Mark Hyman, MD

<http://www.ultrametabolism.com/blog/fiber/glucomannan/> accessed 10/31/07

Here are some simple suggestions for increasing fiber in your diet.

1) Get the flax.

Get a coffee grinder just for flax seeds, grind 1/2 cup at a time, and keep it in a tightly sealed glass jar in the fridge or freezer.

Eat 2 tablespoons of ground flax seeds a day -- Sprinkle it on salads, grains, or vegetable dishes or mix it in a little unsweetened applesauce.

Ground flax seed contains 2.2 grams of fiber per tablespoon. (Flax Council of CA)

2) Load up on legumes.

Beans beat out everything else for fiber content!

3) Bulk up on vegetables.

With low levels of calories and high levels of antioxidants and protective phytochemicals, these excellent fiber sources should be heaped on your plate daily.

4) Go with the grain.

Whole grains like brown rice or quinoa are rich in fiber, too.

5) Eat more fruit.

Include a few servings of low-sugar fruits to your diet daily (berries are the highest in fiber and other protective phytochemicals).

6) Go nuts.

Include a few handfuls of almonds, walnuts, pecans, or hazelnuts to your diet every day.

7) Start slowly.

Switching abruptly to a high-fiber diet can cause gas and bloating. Increase your fiber intake slowly till you get up to your 50 grams a day.

8) Consider a good fiber supplement.

If you're have trouble getting your fill of fiber, choose a supplement that contains both soluble and insoluble fiber and no sweeteners or additives.

9) Choose glucomannan.

By now, you know that my favorite kind is glucomannan (GM), or konjac. Many companies sell it in capsule form. Although I don't normally recommend specific brands, I like the one produced by Natural Factors called WellBetX.

You can take 2 to 4 capsules with a glass of water, 30 to 60 minutes before eating. Don't take any medications within 1 hour before or 2 hours after taking it because the fiber may absorb the medication.

As you can see, fiber has big benefits for your health --from encouraging weight loss to preventing chronic diseases. I hope you'll start adding more of this important compound into your diet today!