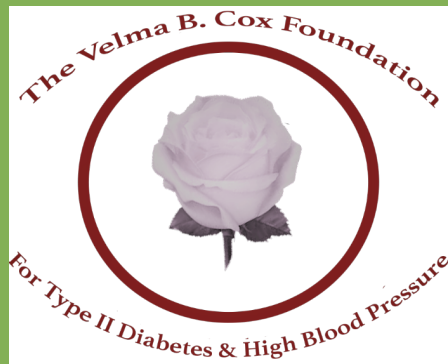


NOVEMBER 2020



# VELMA B COX FOUNDATION NEWSLETTER

**Saving lives. Because there's nothing more important  
than you, absolutely nothing!!**



## Fiber & Diabetes Management

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You have probably been told before to eat more fiber, especially to help with issues of constipation. But did you know that fiber is incredibly helpful in lowering blood sugar levels? In addition, evidence shows that it can also be beneficial in lowering one's risk of heart disease and some cancers.

### *What is dietary fiber?*

Dietary fiber is the edible, non-digestible carbohydrate and lignin components in plants, which your body cannot fully digest or absorb. Other carbohydrates, fats, and proteins can be readily broken down by the body and absorbed. But with fiber, the intestines take a bit more time to digest fiber-rich foods and some fibers pass relatively intact through the digestive system. Fiber has 2 main actions: **they bulk up your stools** so they can easily be passed and **they act like a gel** which slows absorption of molecules like as glucose and cholesterol.

# *Fiber is commonly classified as soluble and insoluble fiber.*

## **Soluble fiber.**

This type of fiber dissolves in water to form a gel-like substance. It slows the absorption of glucose and slows the release of glucose into your bloodstream. In turn, aiding in the lowering of blood sugar levels. Good sources of soluble fiber can be found in oats, beans/legumes, apples (with skin), carrots, barley etc.

## **Insoluble fiber.**

This type of fiber promotes the movement of digestive material through your digestive system and increases stool bulk. Whole grains, bran, nuts, beans and vegetables such as cauliflower, green beans and sweet potatoes, are good sources of insoluble fiber.

The amount of soluble and insoluble fiber in plants varies. Eating more soluble fiber will help with blood sugar management. To support your overall health, it is best to consume a wide variety of foods that contain both types of fiber.



## *Other Benefits of A High-Fiber Diet*

### **Lowers Cholesterol Levels.**

Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein or "bad" cholesterol. High fiber foods may also help reduce blood pressure and inflammation.

### **Aids with Bowel Movements.**

Dietary fiber helps to soften as well as, increase the weight and size of your stool. A bulky stool is easier to pass, decreasing your chances of constipation. In addition, studies have also found it may lower the risk of colorectal cancer.

### **Weight Management.**

High fiber foods tend to be more filling and more nutrient dense. Therefore, you're likely to eat less and stay satisfied longer.



## *How Much Fiber Do You Need?*

According to the Academy of Nutrition and Dietetics, the average fiber intake for men should be 35 grams/day and 25 grams/day for women. Currently, on 5% of the US population is meeting an adequate intake.

### *Tips For Incorporating More Fiber In Your Diet*

#### *Whole Grains*

Focus on lower glycemic grains such as wild rice, brown rice, quinoa, almond flours

#### *Fruits*

Choose low sugar and high fiber fruits such as berries, like strawberries, blueberries, raspberries, black berries and apples with the skin.

#### *Vegetables*

Eat dark leafy greens such as kale, spinach, swiss chard, broccoli, cauliflower and sweet potatoes

#### *Eat beans, lentils and other legumes*

Easily add them to soups and salads

#### *Nuts and seeds*

Consume nuts like almonds and pumpkin seeds as well as, ground flax seeds and chia seeds

#### *Jump start your day*

For breakfast choose a high-fiber breakfast such as ½ cup of steel cut oats with a handful of nuts/seeds. Or a smoothie made with ¼ cup of berries, 1 cup of dark leaf greens and 2 tbsp of ground flax and chia seeds.

#### *Eat high fiber snacks*

Eat high fiber snacks such as fresh fruits, raw vegetables, hummus, unsalted popcorn or a handful of nuts

#### *Drink plenty of water*

Fiber works best when it absorbs water so drinking adequate water will help with regular bowel movements

