

How much fiber do you actually need?

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SUBJECT LINES:

1. Let's just look past the conventional advice on getting more fiber
2. Fiber Facts: How Much Do You Really Need? - Dr. Stork

PREHEADER:

- Dr. Stork's most up-to-date advice on getting the right amount of fiber for you
- It's probably more than you're thinking...but it might be less!

BODY:

Do you know how much fiber you actually need, {{first_name|default:'friend'}}?

That's one question I often receive from patients and viewers alike.

Here's the thing:

In the modern world of processed foods and quick meals, dietary fiber often *falls by the wayside*.

And this despite fiber being so **vitaly important** to your overall health.

Let's be clear:

Fiber is **not** just about keeping things moving smoothly...

By slowing down the absorption of nutrients,

It's also essential for **maintaining a healthy weight**, controlling **blood sugar** levels, and even lowering the risk of **heart disease**.

It's the super-nutrient that doesn't get enough credit!

So, how much fiber do you really need?

The American Heart Association suggests that men and women should aim for **38 grams and 25 grams** of fiber per day respectively.

But to be quite frank, your personal fiber requirement depends on numerous factors:

- age
- pregnancy
- intestinal health
- health conditions
- weight loss needs

Age, pregnancy, and weight loss goals all **drive up** your fiber needs;

Poor intestinal health and conditions like Chron's disease or IBS **could potentially be aggravated** by more fiber.

You'll have to talk with your healthcare provider to know for sure –

I recommend getting in touch with them *before* making a major change in either direction.

Wondering how you can get more fiber in your diet?

Eating more fruits, vegetables, and whole grains is classic advice for increasing fiber – *as we all know*.

But I'd like to explore some **non-conventional** options here...

Avocados, *surprisingly*, are packed with fiber - about **10 grams** in a cup.

They're great additions to salads and shakes!

Chia seeds (a tiny superfood) offer an incredible 10 grams of fiber in just two tablespoons.

Another often overlooked source of fiber is the skins of fruits and vegetables.

Did you know that the skin of a medium-sized apple has four times more fiber than the flesh?

Don't peel away all that goodness if you can help it!

Likewise, eating the skin of your baked potatoes not only adds texture but also doubles the fiber content.

If you can't stand the texture, just mash those guys up and you *won't even notice it*.

But you have to be careful...

Consuming excessive fiber, particularly if your body isn't used to it, can lead to **bloating and gas**.

It can even cause **constipation** if you aren't drinking enough water.

Excess fiber may also decrease the absorption of certain minerals like zinc, calcium and iron.

If you're increasing your fiber intake...

I gotta tell you,

Do it gradually.

Aim for no more than 5-10 grams extra per day for a week or so, and then re-evaluate based on your body's feedback.

It's also imperative to drink more water when you're adding fiber...

Fiber absorbs water from your intestines, which can **dehydrate** and **constipate** you.

All you have to do is drink an extra cup or so for every 10 grams of fiber.

Lastly?

Don't go overboard on one particular fiber, because doing so can create an imbalance of certain types of gut bacteria.

A well-balanced diet rich in various sources of fiber can set the stage for robust health.

It's all about being in tune with your body's needs
and responding accordingly.

Let's get healthier one day at a time,

Dr. Travis Lane Stork