

## One Simple Change



### **Eat More Fiber!**

Did you know that fiber can actually help prevent obesity and all the chronic disease of aging? This is because fiber slows the rate at which food enters your bloodstream and increases the speed at which food exits your body through the digestive tract. That keeps your blood sugar and cholesterol in ideal balance — and quickly eliminates toxins from your gut and reduces your appetite. Research shows that fiber can lower blood sugar as much as some diabetes medications, lower cholesterol, and promote weight loss. It's clear; fiber is a great ally in the battle of the bulge.

You should get between 25 and 50 grams of fiber into your daily diet...most adults get under 15!

For some great sources of fiber visit:

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>

For more information on the Minuteman Nashoba Health Group wellness program visit: [www.minuteman-nashoba.org/wellness](http://www.minuteman-nashoba.org/wellness)