BE YOUR FRIEND

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Is there a time when you don’t have any more idea on what to eat to control or prevent high blood pressure or high blood sugar or both? Or a time when you wake up one day and said to yourself, “I want to start a healthier living or lifestyle.” Well let me introduced to you something that can do all that. That, aside from self-discipline of course you may want to be friend with it.

Fiber. We often hear it connected to bowel elimination, the type of fiber called insoluble fiber. It doesn’t dissolve in water. It cannot be digested so it’s roughage just go along the digestive tract when you ate it that then gives bulk to the stool making it easier to pass through and eliminate it. This prevents constipation. We can found it in wheat bread, tomatoes, cauliflower and cucumber. This promotes healthy colon thus certain cancers are prevented like colon cancers and diverticulum (a pouch in the intestine). Some studies show that it can also prevents breast cancers.

Not everybody knows the other type of fiber which called soluble fiber. This dissolves in water or can be digested by the body. This can lower cholesterol level thus preventing hypertension. Moreover, soluble fiber slows down digestion of sugar so it stabilizes insulin level in the long run. And also, it is known for its satiety value that is why it manages body weight and overall health because we tend to feel fuller for a longer period. It can be found in carrots, beans, oats, oranges and apples.

We can’t have our daily need of fiber by just eating one or two kind of source so we have to add more variety to our diet to meet the 30 grams per day that we need.
References:

The nutritional source. Harvard.edu