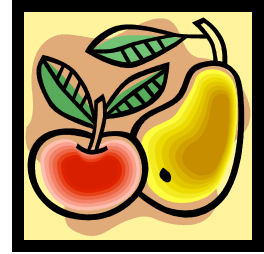




Fiber After 55



Many people do not eat enough foods containing fiber. As you age, health conditions, medication, special diets and budget may limit what you eat, making it more difficult to eat a balanced diet.

- It is important for your health that you pay attention to what you eat, get enough nutrients and fluids, and maintain a healthy weight.
- The average, aging adult needs 20 to 30 grams of fiber per day.

Two Types of Fiber:

- Insoluble Fiber is found in wheat bran and whole grains and passes through your system quickly. It reduces colon problems and perhaps the risk of colon and breast cancer when part of a low-fat diet.
- Soluble Fiber is found in fruits, vegetables, dried beans and peas, and in cereals like oatmeal, oat bran and barley.

Eating foods containing soluble fiber helps decrease cholesterol levels, reduces the risk of heart disease and helps control blood sugar levels for diabetics.