

## 4 Signs That You Lack Fiber

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Are you consuming enough fiber in your diet?

The recommended daily intake of fiber is approximately 20-25 grams for adults. It has been said that fiber may help reduce the risk of developing heart disease, diabetes, intestinal ulcers, constipation and diverticular disease. It may also help lower blood cholesterol levels and control blood sugar levels. To make sure you are meeting your body's daily requirement for fiber, read on and check the top 4 indicators that you need more fiber in your diet.

### 1. Constipation

Are you constipated? Having fewer than three bowel movements a week and dry, hard stools may mean you are constipated. When you consume enough fiber and water, it helps make your stool soft and bulky, hence facilitating more regular bowel movements. This also contributes to the prevention of health problems like diverticulitis, hemorrhoids, and colon cancer.

### 2. Always hungry

Do you feel hungry so soon after a meal? This is what usually happens when you eat a meal that is low in fiber. With a fiber-rich diet, you don't feel hungry quickly. This is because the soluble fiber can help slow down the digestion of food and creates a longer feeling of fullness.

### 3. High blood cholesterol

Do you have high blood cholesterol levels? You may be missing out on the cholesterol-lowering effect of fiber. Soluble fiber helps lower blood cholesterol levels by binding with bad LDL cholesterol in the digestive tract and taking it out of the body.

### 4. High blood sugar

Diabetics who find it hard to control their blood sugar levels may not be getting enough dietary fiber. Fiber helps slow down the absorption of sugar into the bloodstream, so it helps stabilize or control blood sugar levels.

If you ticked off at least 3 of these indicators then it's a good idea to consult with a doctor and dietitian to help you with your fiber intake. That said, note that consuming too much fiber may also cause bloating,

gas, cramps, and diarrhea, so make sure to stick to a balanced diet every day.

Aside from eating more fruits and vegetables for more fiber, drinking Del Monte Fiber-Enriched 100% Pineapple Juice can supplement and increase your fiber intake, which may aid in proper digestion – and also avoid the conditions mentioned above. Each glass contains 4 grams of dietary fiber equivalent to a 200-gram bowl of salad. It's the deliciously refreshing way to get your fiber fix.

**Sources:**

4 Warning Signs Your Diet May Lack Fiber, <http://www.webmd.com/food-recipes/features/4-warning-signs-your-diet-may-lack-fiber>

7 Clear Signs You're Not Eating Enough Fiber, <http://www.rd.com/health/healthy-eating/signs-low-fiber-diet/>