

Riff Raff Roughage: The Essential Role of Fiber

Fiber is an essential nutrient that plays a vital role in digestive health. It can help to prevent constipation, diarrhea, and other digestive problems. Fiber can also help to lower cholesterol, blood sugar, and weight.



RIFF RAFF ROUGHAGE: ROLE OF FIBER by Harrsha A Bhora

★★★★★ 5 out of 5

Language : English

File size : 10097 KB

Screen Reader : Supported

Print length : 25 pages



Riff Raff Roughage is a comprehensive guide to fiber, including its benefits, sources, and how to get enough of it in your diet. This book is written by a registered dietitian and nutritionist, and it is packed with practical advice and tips.

Benefits of Fiber

Fiber has many health benefits, including:

- Prevents constipation
- Prevents diarrhea
- Lowers cholesterol

- Lowers blood sugar
- Promotes weight loss

Sources of Fiber

Fiber is found in many foods, including:

- Fruits
- Vegetables
- Whole grains
- Legumes
- Nuts
- Seeds

How to Get Enough Fiber in Your Diet

The recommended daily intake of fiber is 25 grams for women and 38 grams for men. However, most Americans do not get enough fiber in their diet.

There are many ways to increase your fiber intake, including:

- Eating more fruits and vegetables
- Choosing whole grains over refined grains
- Adding legumes to your meals
- Snacking on nuts and seeds
- Taking a fiber supplement

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If you are looking to improve your digestive health, lower your cholesterol, blood sugar, or weight, then Riff Raff Roughage is the book for you.

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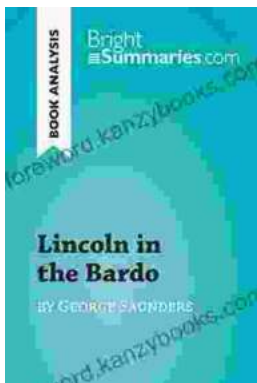
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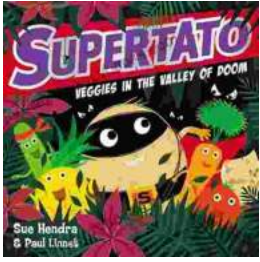
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