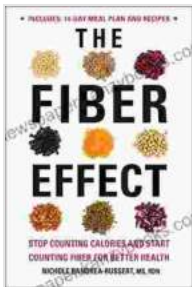


# Stop Counting Calories And Start Counting Fiber For Better Health

Are you tired of counting calories and not seeing results? It's time to switch your focus to fiber.



## The Fiber Effect: Stop Counting Calories and Start Counting Fiber for Better Health by Nichole Dandrea-Russert

★★★★☆ 4.4 out of 5

Language : English  
File size : 1817 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 225 pages



Fiber is a type of carbohydrate that your body can't digest. It helps to keep you feeling full, which can help you lose weight. Fiber also helps to regulate blood sugar levels, lower cholesterol levels, and reduce your risk of heart disease and type 2 diabetes.

The recommended daily intake of fiber is 25 grams for women and 38 grams for men. Most people don't get enough fiber in their diet. The average American only consumes about 15 grams of fiber per day.

There are many ways to add more fiber to your diet. Some good sources of fiber include:

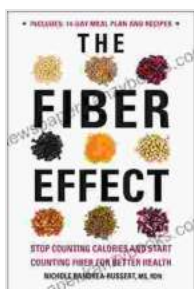
- Fruits and vegetables
- Whole grains
- Legumes
- Nuts and seeds

You can also add fiber to your diet by taking a fiber supplement. Fiber supplements are available in capsule, powder, and tablet form.

If you're new to adding fiber to your diet, start slowly. Too much fiber can cause gas, bloating, and constipation. Gradually increase your fiber intake over time to avoid these side effects.

Counting fiber is a more effective way to lose weight and improve your health than counting calories. Fiber helps you feel full, which can help you eat less. It also helps to regulate blood sugar levels, lower cholesterol levels, and reduce your risk of heart disease and type 2 diabetes.

So stop counting calories and start counting fiber. You'll be glad you did.



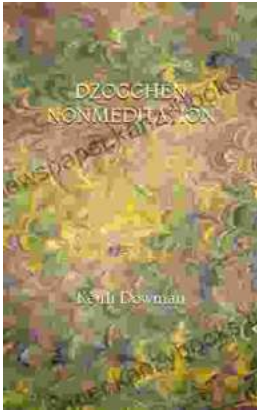
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