



# DIETARY FIBER AND HUMAN HEALTH

## STROKE

A strong correlation has been identified between increased fiber intake and reduced first stroke rate in a study of patients in the US, Northern Europe, Japan and Australia.



## HEART

An inverse association has been found between fiber intake and heart attack. Research shows that those eating a high-fiber diet have a 40% lower risk of heart disease; likely linked to this is the finding that increased fiber intake can lower blood cholesterol.



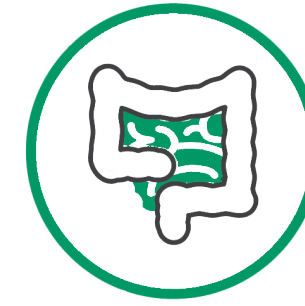
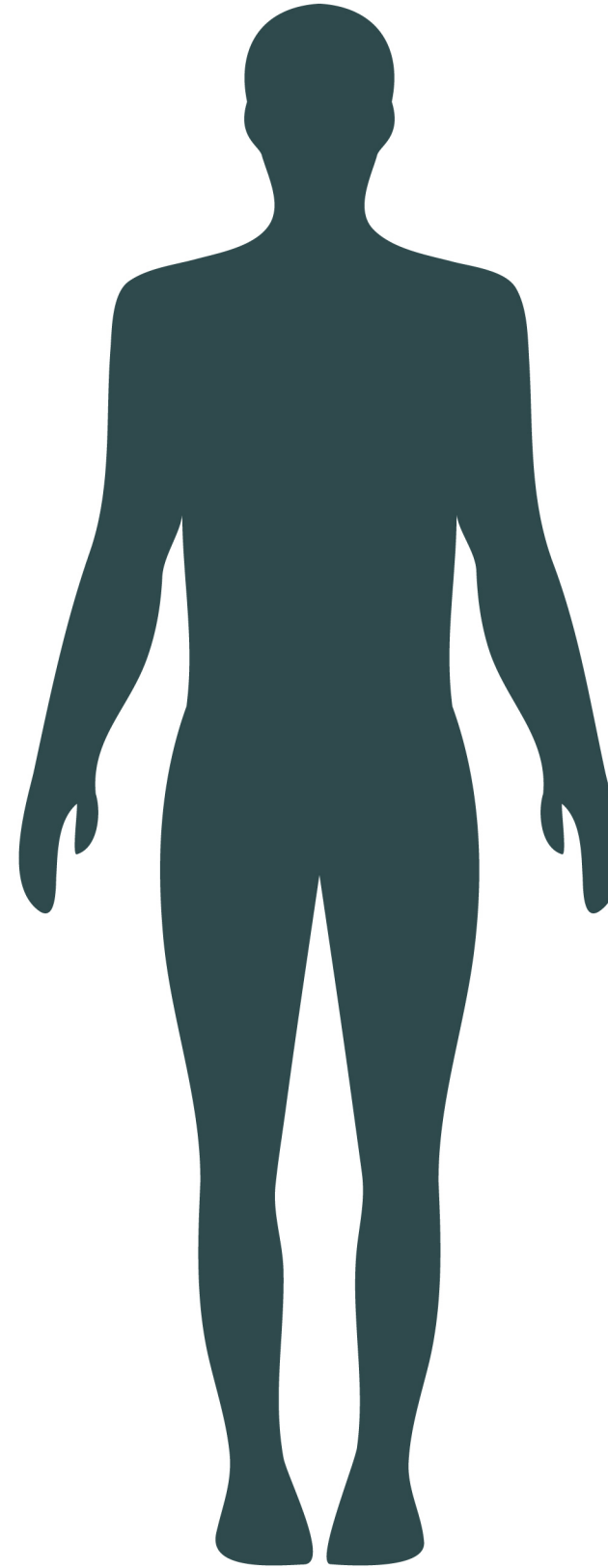
## WEIGHT CONTROL

Fiber supplements have been shown to enhance weight loss among obese people. This is likely to be because certain types of fiber increases feelings of fullness.



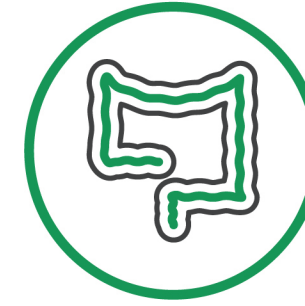
## BLOOD SUGAR CONTROL

Certain types of dietary fiber may help to slow the body's breakdown of carbohydrates and the absorption of sugar, helping with blood sugar control. This also reduces the risk of developing gallstones and kidney stones.



## IRRITABLE BOWEL SYNDROME

A diet high in dietary fiber may provide some relief from the symptoms of Irritable Bowel Syndrome.



## COLON CANCER

A number of epidemiological and experimental studies suggest that dietary fiber can play a role in colon cancer prevention.



## DIVERTICULAR DISEASE

Lifetime dietary fiber intake reduces the risk of developing diverticulosis, a condition caused by strain on the bowel. A high-fiber diet lowers the risk of diverticulitis (a painful inflammation that can occur in a bowel with diverticulosis) by 40%.



## HAEMORRHOIDS

A high-fiber diet helps in the treatment of constipation and as a result may lower the risk of haemorrhoids.