

‘NUTRITIONAL TIPS’

THE IMPORTANCE OF FIBER

The daily recommendation for fiber intake is between 21 and 38 grams, depending on your gender and age. The more the better! Consuming adequate amounts of dietary fiber is difficult for many people, but it doesn't have to be that way.

First order of business: add more fruits and vegetables to your diet. If eating five servings a day of each is a struggle, try some of these ideas:

- Top whole grain cereal with 1/2 sliced banana for an additional 1 1/2 grams of fiber.
- Snack on two tablespoons of nuts and 1/4 cup of raisins for three grams of fiber.
- Add lentils to soups or kidney beans to salads for six to eight grams of fiber.
- Sneak carrots and spinach into green salads for three to four grams of fiber.
- Supplement with naturopathic fiber every day

In addition to improving regularity, consuming adequate amounts of fiber can aid in the prevention of several forms of cancer and heart disease. A poorly functioning ‘Lower G.I.’ invites ‘Toxic Accumulation’ which is a deadly potion. Avoid it now!

Did you know that lack of adequate daily fiber or roughage in your diet has been linked to ‘Intestinal and Colon Cancer’? Native South Africans, whose diet is traditionally very high in fiber, do not suffer from these cancers! Coincidence? You decide! Is an ounce of prevention not better than a pound of cure? Perhaps more fiber might be both enjoyable and wise? If you were to discover a ‘G.I. Cancer’, would you turn back the clock if the opportunity were to arise? No kidding!

It's your parade and health! You can prevent the rain without complaining!

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