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# **Drop The Pounds With Delicious Fiber Filled Foods**

One thing that helps you lose the pounds is to increase your fiber intake. Most people think increasing fiber intake means eating dry bran muffins, or taking one of those awful fiber supplements like Metamucil (Blech!! Who wants to drink a glass of stuff that is going thick and gluggy?) Thankfully, there are many simple yet enjoyable foods that contain fiber to improve your health. There are many ways to receive the fiber your body requires without sacrificing flavor. Having oatmeal for breakfast provides 3.9 grams of fiber per 3/4 cup. Adding half a cup of blueberries provides an extra two grams of fiber AND a high dose of antioxidants. You can even add a couple of teaspoons of psyllium husk to the oatmeal. Psyllium husk is the main ingredient in Metamucil and many other fiber supplements. One teaspoon of psyllium husk provides around four grams of fiber.

One of the most common ailments these days is IBS (irritable bowel syndrome) in which the bowel becomes oversensitive and the person suffers all kinds of discomfort, from bloating, cramping, fluctuating between diarrhea and constipation etc. It could be argued that one of the primary causes of this is the amount of processed food and gluten in our diets. Without a doubt, insufficient fiber is an issue since the treatment for IBS is a high fiber diet. If your body receives sufficient fiber IBS simply disappears... WITHOUT drugs!

The recommended daily dose of fiber is 20-35 grams. This may sound like a lot but it adds up quickly. Dietary fiber is either soluble or insoluble. This means that if it's soluble, it will become gel-like in your intestines, which is a good thing. It absorbs cholesterol and saturated fats, this prevents them from being absorbed into your bloodstream. Insoluble fiber satisfies your hunger quickly and for longer, regulates blood sugar levels and keeps you "regular", especially if you increase water also.

So how does fiber help you to drop the pounds? Because it satisfies hunger faster and for longer it means that you tend to eat less, this reduces your calorie intake. Fiber also ensures that your digestive system works at peak performance. Because fiber absorbs fat there is less fat to be absorbed by the body. Also, a digestive system that works properly helps reduce bloating and fluid retention.

Not only can fiber help with weight loss, it can also add years to your life by protecting you from colon cancer and other intestinal diseases. Fiber also reduces the risk of heart disease and stroke by actively reducing levels.

Drop the pounds by adding these delicious fiber filled foods to your salads: blueberries, dried cherries, pine nuts, kiwi fruit (also called Chinese gooseberry), artichoke hearts, dried figs, dry roasted mixed nuts or pumpkin seeds. They all contain more than 3.9 grams (up to 7.4 grams) of fiber per serve. Three dried figs contain 5.2 grams of fiber so eating nine of them as a snack or in a salad provides 15.6 grams of fiber. That was easy! Two cups of fresh berries for dessert provide 14.4 grams of fiber. You see, those fiber grams add up quickly and they taste great. Just one cup of plain baby spinach provides seven grams of fiber. Add carrots, radishes, artichoke hearts and celery and it's easy to reach the recommended daily intake of fiber. As you can see, fresh fruit and vegetables are the best source of fiber. That's one of the reasons why the healthy food pyramid recommends three serves of fruit and five serves of vegetables per day. One thing to keep in mind is that raw foods are a better source of fiber than cooked. Salads and raw, whole fruit are best.

When you drop those pounds with delicious fiber filled foods you'll be amazed at how much better you feel. The more whole grains, fruits, legumes, vegetables and nuts you eat the faster those pounds will fall off of you. Your heart will be strengthened, you won't suffer constipation or diarrhea as often, bloating and painful 'wind' cramps will be reduced and your intestines will be protected... all from eating delicious foods!

You can also find this article published on [Drop The Pounds With Delicious Fiber Filled Foods](#)