

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Fiber

Although not a nutrient in itself fiber is a beneficial substance and is part of a balanced diet. Fiber can be considered food components that simply pass through your digestive system without being broken down or absorbed. Fiber is not a single entity but rather a variety of mostly plant components. Good sources are whole grain cereals and breads, legumes, fruits and vegetables.

Fibers include cellulose, pectin, gums and certain undigestible polysaccharides. I like to say that fiber gives you something to have stool with. If everything was absorbed then your body would have nothing to excrete in the stool. If your system is slow and tends towards constipation then fiber is good. It absorbs water to keep the digestive tract going, soft and moist. If your stool is loose because of excess water in the digestive tract then fiber is good as well. It absorbs the extra water to firm the stool. Fiber is often good no matter what the problem may be.

Fiber also absorbs and carries away toxins in the digestive tract. Fiber binds to some fats, bile and cholesterol causing them to be excreted instead of absorbed. This may help keep fat calories to an acceptable level. Your bodies rate of absorbing carbohydrates is diminished by fiber. This is good for the diabetic patient. Populations with higher fiber intake have less gastrointestinal diseases including cancer. Since fiber has no calories you can eat more and gain less weight.

As with all things however too much fiber is bad for you. An appropriate amount of fiber helps keep the bowels regulated but too much can cause intestinal obstruction. Fluid imbalances occur. Minerals as iron, zinc and calcium are adversely effected.

As with all other dietary foods fiber sources should be varied and complementary. A good balanced mix in reasonable quantities is recommended.

**The above represents the opinion of A. E. Haas, M.D.
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Just call us directly. No referral needed unless required by your insurance company

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