



Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

FIBER

You need between 25-35 grams of both soluble and insoluble per day.

Functions

Water-soluble: slows gastric emptying and intestinal transit time for better absorption of nutrients, lowers serum cholesterol levels reducing plaque build-up, delays glucose absorption which helps glucose tolerance in diabetes and regulate insulin levels.

Water-insoluble: Absorbs water to increase fecal bulk to aid in eliminating waste products, reduces the pressure within the colon so it won't be overstressed, decreases intestinal transit time for better absorption of nutrients.

Sources

Water-soluble:

Gums - oat bran and oatmeal, dried peas and beans.

Pectin - apples, citrus fruit, strawberries, dried peas, squash, cauliflower, cabbage, carrots, potatoes.

Water-insoluble:

Hemicellulose - wheat bran and whole grains and cereals

Cellulose - whole-wheat flour and wheat bran, vegetables (cabbage, peas, green beans, wax beans, broccoli, brussel sprouts, root vegetables), apples

Lignin - cereals and wheat bran, mature vegetables, pears, strawberries, eggplant, green beans.



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