

Dietary Fibre

Benefits

- Dietary Fibre, together with other changes in life style, helps to manage blood glucose in diabetic patients.
- Saskatoons are high in fiber, 24% of dry weight (BB - 15%)
- Certain types of dietary fiber have pre-biotic effect
- A diet high in Dietary Fibre and low in saturated fat decreases cholesterol absorption and increases cholesterol excretion

Dietary fiber, also known as roughage or bulk, includes the parts of plant foods your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates — which your body breaks down and absorbs — fiber isn't digested by your body. Instead, it passes relatively intact through your stomach, small intestine and colon and out of your body.

High-fiber foods are good for your health. But adding too much fiber too quickly can promote intestinal gas, abdominal bloating and cramping. Increase fiber in your diet gradually over a period of a few weeks. This allows the natural bacteria in your digestive system to adjust to the change. Also, drink plenty of water. Fiber works best when it absorbs water, making your stool soft and bulky.

How do we know?

Tested berries (2012 and 2013) by the Brunswick Laboratories, USA
Represented all economically important cultivars and Canadian provinces, SK, AB, MB

Source: American College of Obstetricians and Gynecologists
Source: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983?pg=2>

Daily Recommendations

Age 50 or younger

Men: 38 grams

Woman: 25 grams

Age 51 or older

Men: 30 grams

Woman: 21 grams

