

## **Fiber**

Fiber slows down the digestion of your food. Additionally, fiber has a unique chemical structure that binds to fats, cholesterol, and sugars and makes it hard for your body to digest them. This helps keep fats and cholesterol from building up in your arteries and provides energy for a longer period of time. The fiber also acts like a cleaner it pushes the food and waste materials through your intestines. If you don't get enough fiber through your diet by eating fruits, vegetables, and whole grains, then the stool can build up and make you constipated. If you remain constipated for too long you can develop little pouches that pop out of the sides of your intestine- this is a condition called diverticulosis. When these pouches become infected, a condition known as diverticulitis results. This condition is extremely painful and one often needs surgery antibiotics to address the problem. It is critical to a family's health that their diet is rich in fiber. Eating whole grains is one way to do this.