



# simply healthy

from your Hannaford Dietitian



## Eating for Digestive Wellness

Interested in eating for digestive health? A properly functioning intestinal track is one of the body's first lines of defense against invaders and key to a healthy immune system.



### Fiber Up!

Wheat bran, corn bran, fruit skins, whole wheat, and nuts can help maintain a healthy digestive tract. How? Foods high in insoluble fiber increase stool weight, which helps decrease constipation. Fiber may also lower your risk for hemorrhoids and diverticular disease.



**Insoluble fiber** is not soluble in water. Because it absorbs water, it increases stool bulk, helping promote regularity.



**Soluble fiber** is soluble in water and forms a gel in the gut that can help lower cholesterol and maintain blood-glucose levels after eating. Most foods with fiber will provide some of both.

<b>FIBER</b>	Men: <50 yrs. aim for 38g	50 yrs. & older aim for 30g
<b>PER DAY:</b>	Women: <50 yrs. aim for 25g	50 yrs. & older aim for 21g

### How to get more fiber in your diet:

Increase the amount of fiber in your diet over the course of a few weeks – done too quickly, you may experience gas and bloating. Also, drink plenty of water to help form soft and bulky stools. When trying to increase the amount of fiber in your diet with whole grains, look for foods that offer 3 grams or more per serving and list a whole grain as the first ingredient.



**Interested in learning more?** Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at [hannaford.com/dietitian](http://hannaford.com/dietitian)