



Feast On Fiber To Trim Holiday Waistlines *Rebecca Morley, MA*

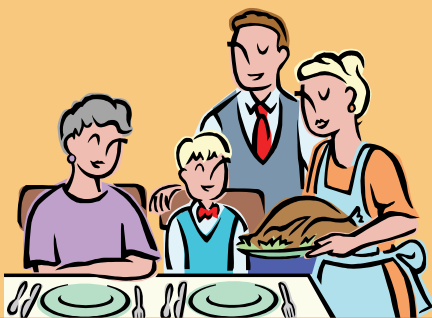
When planning your holiday feast, add fiber-dense foods to help fight belly fat. Eating just a little more fiber could have a big impact in trimming your holiday waistline while controlling your appetite. (Belly fat is considered [the most dangerous type of body fat](#), increasing the risk of diabetes and heart disease). Remembering this simple strategy during the holidays and beyond, can enhance your health. Eating “more of this and less of that” according to fiber content of foods, might help avoid the holiday bulge altogether. Fiber need not be tasteless! [Click here](#) for awesome ideas for high-fiber holiday foods.

A University of Southern California study found fiber to be a key ingredient in getting rid of belly fat. Researchers tracked the eating habits of adolescents and teenagers for two years. The subjects who increased their fiber intake had significant decreases in the amount of fat around their waistlines. The young people who ate less fiber saw their belly fat increase by 21 percent.

Researchers say upping fiber intake by just six grams a day can have a significantly positive impact on young people's belly fat. Six grams of fiber can be found in half a cup of beans or a single whole-wheat tortilla. Doctors recommend between 25-30 grams of fiber daily, though most Americans fall short.

Get Rid of Belly Fat And Improve Your Health With Fiber

- Fiber Keeps You Satisfied Longer [according to the American Dietetic Association](#). A high-fiber diet helps to regulate your blood glucose levels by slowing down the time it takes food to leave the stomach and delaying the absorption of glucose (blood sugar) from a meal. Eating fiber rich foods keeps you full longer and helps control your hunger -- all beneficial for getting lean.
- Fiber is indigestible with no fattening calories. It acts as a blocking agent to stop the absorption of fat and flushes some calories out of the body.
- Fiber helps promote healthy aging. Studies show that people who manage their weight, cholesterol and blood pressure can reduce the risk of dementia and Alzheimer's disease. This is where high fiber food can benefit your fat loss efforts, regulate blood pressure and lower LDL (bad) cholesterol while promoting the good cholesterol (HDL) levels.
- Fiber improves the immune-boosting, friendly bacteria that line the digestive tract.



May your holidays be filled with fiber, friends, fine health, good times and happy memories!

I am thankful for my loyal health-conscious readers!

Happy Holidays, *Rebecca*