

Medical Edge Radio from Mayo Clinic

Fiber & Cancer

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	YOU'VE PROBABLY HEARD THAT FIBER IS GOOD FOR YOUR DIGESTIVE HEALTH, BUT DID YOU KNOW IT CAN HELP PREVENT CANCER AS WELL?
Jennifer Nelson, RD Track 3 (2:51)	"IT'S THOUGHT THAT FIBER, BECAUSE OF ITS BULK, HELPS MOVE CANCER-PRODUCING SUBSTANCES OUT OF THE BODY THROUGH G-I TRACT."
	PLUS, SAYS MAYO CLINIC DIETICIAN JENNIFER NELSON, FIBER IS ACTUALLY USED BY THE LARGE INTESTINE TO PRODUCE CANCER-PROTECTIVE

	SUBSTANCES.
Jennifer Nelson Track 3 (3:17)	“SO FIBER HAS ALMOST A DOUBLE WHAMMY, A DOUBLE BENEFIT IN HEALTH, ESPECIALLY WHEN IT COMES TO CANCER.”
	YET MOST OF US DON'T GET NEARLY ENOUGH. ON AVERAGE, MEN ONLY GET ABOUT A THIRD OF THE RECOMMENDED DAILY AMOUNT... WOMEN ABOUT HALF. SO WHAT CAN YOU DO? THAT'S EASY. EAT PLENTY OF HIGH FIBER FOODS SUCH AS FRUITS, VEGETABLES AND WHOLE GRAINS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.