

Medical Edge Radio from Mayo Clinic

*Dietary Fiber*

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	IT CAN HELP YOU MANAGE YOUR WEIGHT, KEEP YOUR HEART HEALTHY AND EVEN PROTECT YOU FROM SOME CANCERS. JENNIFER NELSON IS DIRECTOR OF CLINICAL DIETETICS AT MAYO CLINIC. SHE SAYS THERE ARE TWO CATEGORIES OF FIBER – SOLUBLE AND INSOLUBLE. EACH WORKS IN ITS OWN WAY. SOLUBLE FIBER ABSORBS WATER AND BECOMES GUMMY
<b>Jennifer Nelson, RD</b> <b>Track 3 (5:55)</b>	“KIND OF LIKE A BIG SPONGE AS IT GOES THROUGH YOUR BODY, AND IT CAN HELP ABSORB AND MOVE

	THOSE CANCER-PRODUCING, CHOLESTEROL-INCREASING SUBSTANCES.”
	INSOLUBLE FIBER MAINTAINS ITS BULK, SWEEPING THINGS FROM YOUR GASTROINTESTINAL TRACT.
<b>Jennifer Nelson</b> <b>Track 3 (6:29)</b>	“IT’S FELT THAT THOSE TYPES OF FIBERS ARE GOOD FOR CONSTIPATION, IRRITABLE BOWEL, THAT KIND OF THING.”
	THE BEST SOURCES OF FIBER ARE FOODS RATHER THAN SUPPLEMENTS. WHOLE GRAINS, FRUITS AND VEGETABLES NOT ONLY HAVE FIBER, BUT ALSO CONTAIN VITAMINS AND OTHER NUTRIENTS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.

