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web fiber or fibre from latin fibra is a natural or artificial substance that is significantly longer than it is wide fibers are often used in the manufacture of other materials the strongest engineering materials often incorporate fibers for example carbon fiber and ultra high molecular weight polyethylene web sep 15 2021 fiber is indigestible material found in foods studies show that fiber has various health benefits including weight loss and improved digestive health web jan 5 2021 fiber along with adequate fluid intake moves quickly and relatively easily through your digestive tract and helps it function properly a high fiber diet may also help reduce the risk of obesity heart disease and diabetes women should try to eat at least 21 to 25 grams of fiber a day while men should aim for 30 to 38 grams a day web nov 4 2022 dietary fiber found mainly in fruits vegetables whole grains and legumes is probably best known for its ability to prevent or relieve constipation but foods containing fiber can provide other health benefits as well such as helping to maintain a healthy weight and lowering your risk of diabetes heart disease and some types of cancer web oct 22 2020 fiber is a blanket term that applies to any type of carbohydrate that your body can t digest the fact your body doesn t use fiber for fuel doesn t make it less valuable to your overall health web fiber is the general name for certain carbohydrates usually parts of vegetables plants and grains that the body can t fully digest while fiber isn t broken down and absorbed like web synonyms of fiber 1 a thread or a structure or object resembling a thread such as a 1 a slender root as of a grass 2 an elongated tapering thick walled plant cell void at maturity that imparts elasticity flexibility and tensile strength b 1 a strand of nerve tissue axon dendrite web fiber is a type of carbohydrate that the body can t digest though most carbohydrates are broken down into sugar molecules called glucose fiber cannot be broken down into sugar molecules and instead it passes through the body undigested fiber helps regulate the body s use of sugars helping to keep hunger and blood sugar in check web fiber u s department of veterans affairs browse handouts about dietary fiber with topics including fiber content of foods types of fiber and tips for increasing intake fiber fills you up fills your wallet and fuels your health ohio state university extension see how much fiber is in common foods and get tips on adding more to your diet web may 3 2021 fiber is a carbohydrate found in plants even though your body can t digest fiber it s still an essential part of a nutritious

diet fiber helps food move through your bowels but it has many other health benefits and can even prevent heart disease cancer and diabetes but the truth is most americans don t eat enough daily fiber

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