



In general, a generous dietary fiber intake is associated with

**Some Good:**

1. Maintaining appropriate “**peristalsis**” (movement of food through the intestine)
2. Decreased risk (or improved management of) **colon cancer, diabetes heart disease, diverticulosis and diverticulitis**
3. Foods naturally rich in fiber also contribute a number of **vitamins and minerals**

**Some Less Good:**

1. Decreased intestinal absorption of certain nutrients
2. Increased discomfort (e.g. gas), especially if unused to higher intake. Digestive enzyme (scissors) products like “**Bean-O**” work by snipping up the fiber.



