

# 「高」纖維的重要性

要吃得健康，除了奉行均衡飲食之外，更建議依從三低一高的原則，你知道什麼是三低一高嗎？就是低脂、低鹽、低糖和高纖維。唯一要「高」的就是膳食纖維，所以膳食纖維在健康飲食的原則中，佔有非常重要的角色。

膳食纖維是植物中不能被人體消化的部分，所以進食會存流在我們的大腸內。它會吸水脹大，布助刺激腸道蠕動，促進排便。多進食含豐富膳食纖維的食物不但能預防便秘，更有助控制血糖、降低血液中的膽固醇、增加飽肚感，以控制體重。

膳食纖維亦有分**水溶性**和**非水溶性**。水溶性纖維主要來自豆類、麥皮、水果和種子。它能與膽固醇結合，排出體外，以降低血液中的膽固醇水平。非水溶性纖維主要來自全穀麥類及蔬菜。它會吸收水份而膨脹，刺激消化系統蠕動，有助糞便排出。

要做到高纖的飲食，平日每餐盡量吃半碗至一碗的蔬菜及全日吃兩個小型或一個中型的水果，亦可選擇一些較高纖的五穀類，例如粟米、番薯、麥皮、糙米等等，增加膳食纖維攝取量。平日也需要多飲水，幫助纖維吸水脹大，發揮功用。高纖飲食能夠幫助維持整體健康，今天開始要多留意了！

大家也記得要按自己需要而進食，以免造成浪費。





# Why is fiber good for you?

Besides balanced diet, healthy eating also advocates 3 low 1 high, do you know what is it? They are low fat, low sodium, low sugar and high fiber. Fiber is the only element that we need to eat more, that means fiber has many health benefits.

Dietary fibre is grouped into carbohydrate, it is called complex carbohydrate. It promotes bowel movements. It also absorbs water and softens the stool, thereby preventing or relieving constipation, hemorrhoids and diverticulosis. While prolonged constipation will increase the toxin in our body, weaken our immune system, it will also cause bloating, cramping, bad breath smell etc, thus, we need to tackle as soon as possible.

There are two types of fiber, soluble and insoluble. Soluble fiber helps absorb blood cholesterol. Oatmeal, skin on fruit and beans are high in soluble fiber. Good control of the blood cholesterol level will help reduce cardiovascular diseases. Fiber also helps increase our satiety, so that we can control our intake to prevent overweight.

To obtain adequate fiber, every day, we need to take half to 1 bowl of vegetables and one medium size fruit or 2 small size fruits. High fiber carbohydrate like corn, sweet potato, oatmeal, brown rice are preferred. Water plays a key role to help fiber functions well. More water intake is encouraged. Try to count your fiber intake from now on!

Remember to save food!  
NO WASTE!

