

Fiber & Gut Health

Fiber is the favorite food of your gut bacteria — the tiny residents that influence everything from digestion to inflammation, cravings, and mood. When you feed them well, they repay you generously with better metabolic health. Fiber also slows the rise of glucose after meals, supports healthy cholesterol, and keeps digestion running smoothly.

Fiber = plant parts your gut bacteria love.

01 Mini Teaching
30 g/day supports healthy cholesterol, sugar, and weight.

02 Example
Fiber is dinner for your good microbes; they repay you with better digestion and calmer inflammation.

03 Try This Today
Add one high-fiber boost to each meal today: berries, chia seeds, leafy greens, beans, or veggies. Your gut — and your energy — will respond immediately.

Check us out online:
<http://healthyuacademy.com>

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