

WHY FIBER IS SO IMPORTANT? (ЧОМУ КЛІТКОВИНА ТАКА ВАЖЛИВА?)

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У доповіді йдеться про важливе значення вживання клітковини у щоденному раціоні та її вплив на життєдіяльність та здоров'я людини.

Dietary fiber is material from plant cells that cannot be broken down by enzymes in the human digestive tract. There are two important types of fiber: water-soluble and water insoluble. Each has different properties and characteristics.

Soluble – Water-soluble fibers absorb water during digestion. They increase stool bulk and may decrease blood cholesterol levels. Soluble fiber can be found in fruits (such as apples, oranges and grapefruit), vegetables, legumes (such as dry beans, lentils and peas), barley, oats and oat bran.

Insoluble – Water-insoluble fibers remain unchanged during digestion. They promote normal movement of intestinal contents. Insoluble fiber can be found in fruits with edible peel or seeds, vegetables, whole grain products, bulgur wheat, stone ground corn meal, cereals, bran, rolled oats, buckwheat and brown rice.

The best way to get fiber – while not consuming too many calories – is to eat high-fiber foods. Most vegetables, fruits, and plant-based foods have fiber. If your body is slowly adjusting to more fiber, spread out your portions between meals instead of eating a lot in a single serving.

Soluble fiber has been shown to reduce total blood cholesterol levels and may improve blood sugar levels in people with diabetes.

The best sources of soluble fiber are oats, dried beans and some fruits and vegetables. Although there is no dietary reference intake for insoluble or soluble fiber, many experts recommend a total dietary fiber intake of 25 to 30 grams per day with about one-fourth – 6 to 8 grams per day – coming from soluble fiber.