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Author says the key to dieting is eating 35 grams of fiber a day

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All you have to do is eat 35 grams of fiber a day. And the catch? Most Americans eat about half that amount.

Fiber is one of the most useful and beneficial ingredients on the planet, author Brenda Watson writes in *The Fiber35 Diet: Nature's Weight Loss Secret*. It also helps prevent diabetes, heart disease and cancer, and it also is said to curb appetite, increase satisfaction and flush calories out of the body.

So, if you increase your fiber intake, you should lose weight because you'll feel full, safely lose weight, look your best, feel more energetic and stay healthy for life.

Fiber is the indigestible part of fruit, seeds, vegetables, whole grains and other edible plants.

In addition to talking about the benefits of fiber, the authors include 49 pages of fiber-loaded recipes, menu plans and a comprehensive workout regimen with strength and cardio exercises.

This three-phase diet has a personalized weight-loss equation based on how many pounds you want to lose. And then it helps you maintain that weight. During the first phase, the most stringent, participants reduce their daily calories by 1,000. In phase two, they reduce their calories by 500. In the last phase, participants simply make sure they eat at 35 grams of fiber daily and eat a healthful diet.

So what are the suggested fiber foods?

Apples, beets, carrots, cranberries, oat bran, oranges, peaches, peas, cauliflower, dried beans, fruit skins, popcorn, potato skins and whole-grain breads, cereal, oatmeal and pasta.

Watson summarizes the book's goals with this: "Optimum health begins and ends with what we eat, and of equal importance, what we do not eat."