



National Fiber Council Fact Sheet

National Fiber Council:

The National Fiber Council (NFC) is a primary resource for credible information about the benefits of dietary fiber for consumers, media and health care professionals. Founded in 2004, the NFC was established to raise awareness and educate Americans about the benefits of dietary fiber.

About the Council:

The NFC is comprised of eight active Board members, each a national thought leader in his or her area of study. Board specialties include cardiology, weight management, digestive disease, pharmacy, nutrition, pediatrics and fitness.

- **James Anderson, M.D.** – NFC chair; professor emeritus of medicine and clinical nutrition, University of Kentucky, Lexington; author of “Dr. Anderson’s High Fiber Fitness Plan”
- **Pat Baird, M.A., R.D., F.A.D.A.** – NFC vice chair; registered dietician; award-winning author of “Be Good to Your Gut”
- **Richard Davis, P.A.** – senior physician assistant, Division of Gastroenterology, Hepatology and Nutrition, University of Florida College of Medicine, Gainesville
- **Stefanie Ferreri, Pharm.D., C.D.E.** – clinical assistant professor, School of Pharmacy, University of North Carolina; director community pharmacy residency program
- **Mary Knudtson, DNSc, N.P.** – director of the Family Nurse Practitioner Program; division chief and director of clinical operations family medicine, University of California Irvine
- **Ashraf Koraym, M.D.** – clinical assistant professor cardiology, Ohio State University
- **Valerie Waters** – celebrity trainer and fitness expert; *Allure’s* 2008 “Los Angeles’ Top Trainer,” *US Weekly’s* 2002 “Hottest Trainer of the Year”
- **Christine Williams, M.D., M.P.H.** – vice president and medical director of Healthy Directions; founder and director of Healthy Start, LLC

Why Fiber?

What Americans don’t know about fiber could be weighing them down. Fiber not only helps manage regularity and constipation but also combats obesity and lowers the risk of developing heart disease, diabetes and stroke. Unfortunately, according to a recent consumer survey commissioned by the NFC, the majority of Americans (88 percent) don’t know the number of grams of fiber recommended per day for a healthy body – the NFC recommends 32 grams of fiber daily.

Additional Information:

For additional information or to request free brochures, visit www.nationalfibercouncil.org or call toll free at (866) 749-5296. Media interested in scheduling an interview with NFC members can contact Mavourneen Ryan at Mavourneen.Ryan@mslpr.com or by phone at (312) 861-5247.