

## **High Fiber Diets May Protect Against Obesity and Cardiovascular Disease**

“High fiber diets may protect against obesity and cardiovascular disease,” according to the Coronary Artery Risk Development in Young Adults (CARDIA) Study published in the October 27, 1999, Journal of the American Medical Assoc.

Data from the 10-year multi-center study showed that people who eat more fiber actually weigh less as a result. Conducted in Birmingham, Ala., Chicago, Minneapolis, and Oakland, Calif., the study examined the role of fiber consumption and its association with insulin levels, weight gain and other cardiovascular disease risk factors compared with other major dietary components.

The study followed 2,909 black and white adults aged 18 to 30 years old at enrollment and found that those who ate about 21 grams of fiber per day (based on 2,000 calories per day) weighed an average of eight pounds less than those who did not. Individuals who ate low-fiber diets—lacking in cereals, vegetables and other plant fiber—experienced high circulating insulin levels, which were found to promote excessive weight gain.

The study also concluded that "fiber consumption predicted insulin levels, weight gain and other Cardio Vascular Disease (CVD) risk factors more strongly than did total or saturated fat consumption."