



Blog of the month – June 2016

### **Hey Boomers (and everyone else): Eat your fiber!**

Unless you've been hold-up in a cave for the last 20 years, you know that fiber is an essential part of a healthy diet. The insoluble type of fiber helps keep us regular. The soluble type is effective in reducing cholesterol and managing blood sugar levels, among other benefits.

So it only stands to reason that including fiber-rich foods like barley in the diet will result in a healthier and longer life. And new research out of Australia bolsters this theory.

Researchers from the Westmead Institute for Medical Research in Sydney, Australia recently published findings in the *Journals of Gerontology: Medical Sciences* from a study on the long-term effects of eating dietary fiber.

The researchers used data from the Blue Mountain Eye Study, a benchmark population-based study of more than 1,600 adults aged 50 and up, to evaluate the relationship between carbohydrate nutrition and healthful aging.

Several factors were examined from the Blue Mountain Study including fiber consumption. The researchers found that fiber consumption had the biggest impact on what they considered "successful aging." The researchers defined that as the absence of disability, depressive symptoms, cognitive impairment, respiratory symptoms and chronic diseases like cancer, heart disease and stroke.

According to the study findings, subjects who had the highest intake of fiber had a nearly 80 percent greater likelihood of living a longer and healthier life over a 10-year follow-up period. Subjects who consumed the most fiber appeared to be less likely to experience hypertension, diabetes, dementia, depression and functional disability.

So all you Baby Boomers, Generation Xers and Millennials out there, be sure to include plenty of fiber-rich foods like barley, fresh fruits and vegetables, and legumes (like peas, lentils, dry beans and chickpeas) in your meal plans. Here's to a long and happy life!