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Fiber, Fiber Everywhere...

Fiber. It's everywhere these days (who ever thought the stuff would actually become trendy?!). We here at HG are constantly promoting the newest (and most delicious) ways to get your recommended 25-30 grams of it a day, but studies show that the American diet in general, as well as some popular diet plans, often fall short of that goal. If you're looking to add more fiber to your diet with a supplement, check out the new FiberChoice plus Calcium chewable tablets. They come in sugar free flavors like cherry, strawberry and wild berry. FYI, many experts still insist that it's better to get your fiber from actual foods, but adding fiber to your diet in the form of supplements is better than not getting it at all!

And speaking of fiber and diets, you may want to check out the new book *The Reality Diet* by Dr. Steven A. Schnur (he's a cardiologist). His "fight fat with fiber" plan is getting great buzz and offers up a more sensible, "real", anti-fad diet approach to eating. The book is 400 pages long, and jam-packed with recipes, menus, and dining out and exercise tips.