

# GiPatel's Wellness Basics

## Weight Management – High Fiber Diet – Reflux Prevention

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### WEIGHT MANAGEMENT

Adults with obesity are more likely to have these health problems than adults who are not obese. So, exercise 30 minutes daily.

#### DIGESTIVE PROBLEMS

- Gallstones
- Enlarged Liver
- Gastroesophageal reflux disease
- Fatty Liver
- Cirrhosis

#### CANCER

- Colorectal cancer
- Esophageal cancer
- Breast cancer after menopause
- Kidney cancer
- Endometrial cancer

#### DIABETES

The risk of type 2 diabetes (insulin resistant) increases as BMI increases. People who have a large percentage of body fat in the abdominal area—a waist measurement greater than 40 in. (102 cm) in men and greater than 35 in. (89 cm) in women—are at increased risk for type 2 diabetes, even if their BMIs are within the normal range.

#### HEART DISEASE

- Coronary artery disease
  - Heart attack
  - Heart failure
  - Abnormal heartbeat
  - Angina
  - High blood pressure
  - High cholesterol
  - Stroke
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### HIGH FIBER DIET

The benefits, when consumed on a regular basis and reaching recommended amounts, include bowel regularity, reduced cholesterol, colon cancer prevention, reduced risk of type 2 diabetes, and weight loss.

#### Insoluble Fiber

This fiber does not dissolve in water, nor is it fermented by the bacteria residing in the colon. Rather, it retains water and is so doing, helps to promote a larger, bulkier and more regular bowel activity. This is important in preventing diverticulosis and hemorrhoids. It may sweep out certain toxins and cancer causing carcinogens.

- Whole grain wheat and whole grains
- Corn bran, including popcorn
- Nuts and seeds
- Apples, bananas, avocado, kiwi
- Tomatoes and Potatoes
- Green vegetables, green beans, zucchini, celery, cauliflower

#### Soluble Fiber

These fibers are fermented or used by the colon bacteria as a food source or nourishment. When these good bacteria grow and thrive, many health benefits occur in both the colon and the body.

- Legumes such as peas and most beans, including soybeans
  - Oats, rye and barley
  - Berries, plums, pears
  - Broccoli and carrots
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### REFLUX AND HEARTBURN PREVENTION Tips

- Eat smaller, more frequent meals.
- Do not smoke.
- Do not drink alcohol.
- Maintain a reasonable weight.
- Wear loose-fitting clothes.
- Try a gluten-free diet.
- Elevate your head a few inches while you sleep.
- Limit your intake of acid-stimulating foods and beverages.
- Do not eat with two to three hours before bedtime.