5 Takeaways

Understanding the Microbiome Series - Fiber, Microbiome and Immune Health
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1. Fiber is complex carbohydrate chains that resist quick digestion, from plant-based foods.
2. Fiber could play an important role in maintaining gut health, avoiding blood sugar spikes, even vaccination efficacy and cancer treatment response.
3. Most Americans have a huge gap in the fiber they eat, often much less than half of the recommended amounts.
4. We need both fiber and the microbes that can break the fiber down in our guts.
5. Consider aiming to increase the diversity of plants and fermented foods in your diet.

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