

LOW IN FIBER EQUALS A HIGH IN HEALTH PROBLEMS

Constipation

It is one of the most common issues that occur from a low-fiber diet since a lack of fiber-rich foods reduces the amount of bulk in the feces required to be pushed out of the intestines.



Hemorrhoids

A consequence of constipation is hemorrhoids when too much pressure is given to push out the stool, resulting in a bulging lump around the anus and bleeding.



Obesity

According to a study, children with low fiber intake consumed more high-fat foods making them three to four times more likely to become obese.



Heart disease

A low-fiber diet means a lesser intake of fruits and vegetables and more fatty foods that increase blood cholesterol and pressure. Both of these can contribute to poor heart health.



Diabetes

Lack of fiber in the diet allows excess glucose absorption in the body, thereby increasing its concentration in the blood.



References

1. Dietary fiber; Victorian Government
2. Dietary Fiber In Childhood; TONICORP
3. Eat more fiber-rich foods to foster heart health; Harvard University
4. Dietary Fiber Intake and Type 2 Diabetes Mellitus: An Umbrella Review of Meta-analyses; National Institutes of Health