

The Fiber Gap Starving Your Gut Bacteria

Soluble fiber is the one thing the good bacteria in your colon feed on, yet most adults eat barely half of what they need. When fiber runs short, those microbes go hungry. Closing the gap is mostly a matter of what lands on your plate, and here is how to do it without a miserable week of bloating.

What the evidence actually says

1	25 to 38 grams	The daily target most adults fall short of, running at roughly half of what they need.
2	Feeds your microbes	Soluble fiber turns to a gel and feeds the good bacteria waiting in your colon.
3	Two different kinds	Soluble forms a gel and feeds bacteria; insoluble adds bulk and keeps you regular.
4	Whole foods first	Fruits, vegetables, beans and whole grains beat any fiber supplement in a tub.
5	Add it slowly	Raise fiber gradually and drink water, or you trade one problem for gas and bloating.

Your 3-step plan

Step 1: Build Every Plate Around Plants

Aim for five to seven servings of fruit and vegetables a day and choose whole grains with at least 3 grams of fiber per serving, as Cleveland Clinic advises. Plants are where the gap actually closes.

Step 2: Add Beans and Fermented Foods

Beans and lentils are among the richest fiber sources you can reach for, and fermented foods like yogurt, kimchi and sauerkraut bring good bacteria alongside the fiber that feeds them.

Step 3: Raise It Slowly, With Water

Increase fiber gradually and drink more water, so you get the benefit without the gas and bloating that come from adding too much too soon. Give your system a week or two to adjust.

The safety line

Fiber is food, not medicine, and this plan is educational. If you have a digestive condition such as IBS or a history of bowel obstruction, or you take medication that fiber intake can affect, raise your fiber with your clinician's guidance rather than all at once.

Read the full article: <https://www.agelesscoach.com/articles/the-fiber-gap-starving-your-gut-bacteria>

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