Why Fiber is Essential for Men’s Health

If you want to be the healthiest version of yourself, you should first think about nutrients you are consuming each day. This is why having a balanced diet is so important – it ensures that you are getting all the vitamins and minerals you need to be strong and healthy. One of the most important nutrients is fiber.

**It Helps to Fill You Up**

The first benefit of adding more fiber in your diet is to keep you feeling full. This is important for many reasons. First of all, if you are trying to lose weight, you might struggle with hunger in between meals. If you are getting fiber in each meal or snack, you will feel fuller for longer, reducing the need for snacking or even binging if it gets to that point. Filling you up will also make it easier to complete heavy workouts before a meal. Additionally, having fiber in your meals gets you fuller faster, so you don’t over-indulge.

**It Provides Healthy Gut Bacteria**

Gut health is a big topic recently as researchers find a link to physical issues related to your gut. You need to be healthy and eat a lot of nutrient-dense foods, probiotics, and fermented foods and beverages to have a healthy gut. One of those nutrient-dense foods that are often recommended is fiber. This helps with your digestive system, keeps things moving, and can help to settle your stomach when you have gastrointestinal distress.

**Fiber Reduces Stomach Cramping**

Thanks to helping with your digestive system, more fiber in your diet can also reduce stomach cramping and bloating. This is often caused by digestion issues when you are constipated, which can be remedied with a little more dietary fiber in your diet. Just make sure your fiber comes from a healthy source, such as nuts, vegetables, and whole grains. Avoid processed snacks just because they claim to have a lot of fiber in them.

**How Much Fiber You Need**

Now that you know about the top benefits of getting more fiber into your diet, you can find out how much fiber you actually need. This is a common question, and one that your doctor can tell you for certain. However, the general guideline is that a man should have around 38 grams of fiber per day. Tracking your food for a while can help ensure you are getting enough from food sources, such as beans, veggies, and whole grains.