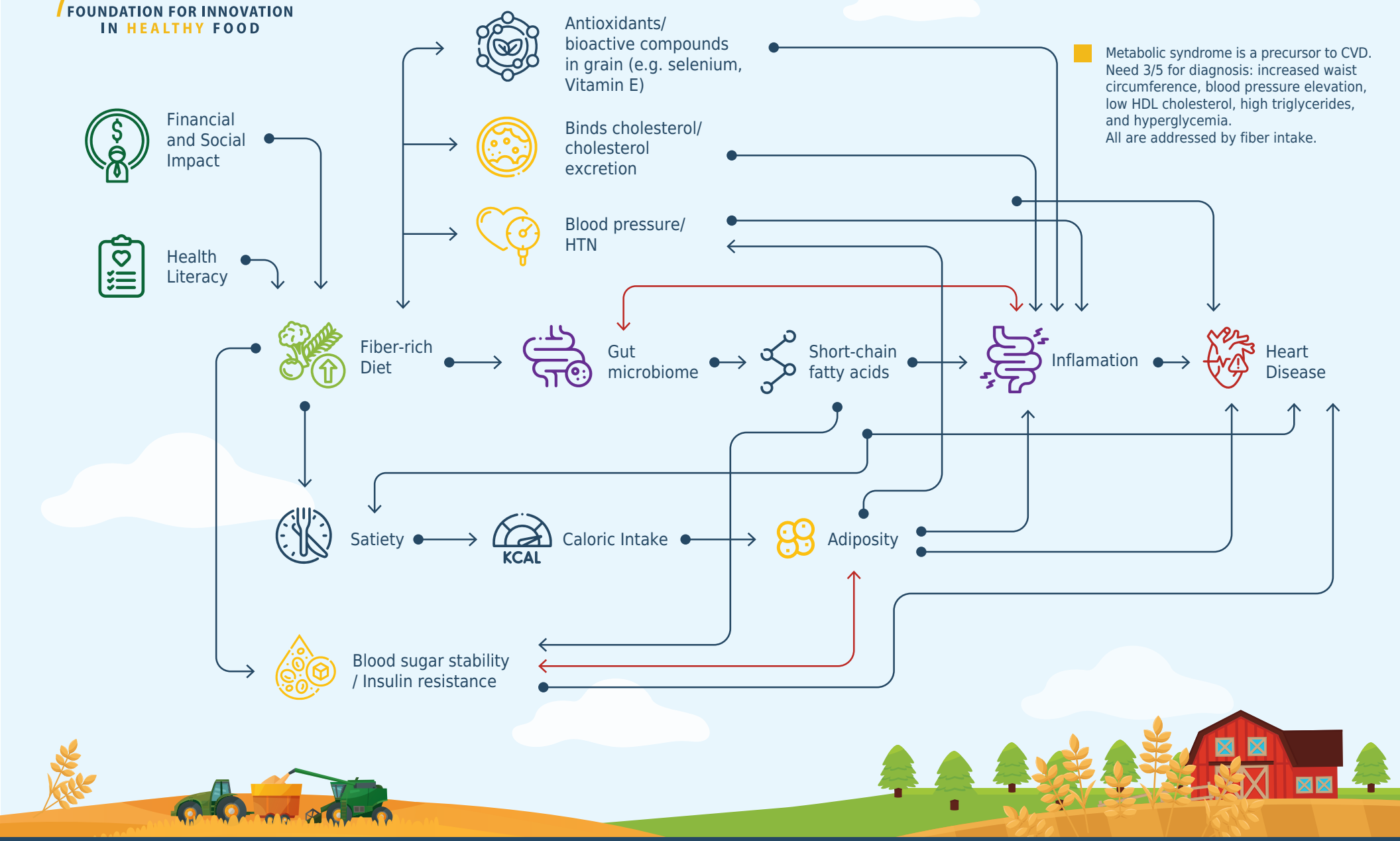
How Dietary Fiber Reduces Heart Disease Risks

FOUNDATION FOR INNOVATION IN HEALTHY FOOD



Metabolic syndrome is a precursor to CVD. Need 3/5 for diagnosis: increased waist circumference, blood pressure elevation, low HDL cholesterol, high triglycerides, and hyperglycemia.
All are addressed by fiber intake.

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