

## VALUING

The idea of eating a balanced diet does not only put consideration to nutritive component but also to the non-nutritive component of food, called the dietary fiber. Adequate intake of dietary fiber could help maintain lower blood sugar and cholesterol levels, facilitate regular bowel movement and decrease the risk of colon and other cancers related to the gastrointestinal tract. It must be noted that taking too much fiber in the diet may also serve as an anti-nutrient, as fiber molecules tend to bind minerals and trap other compounds prior to absorption. Furthermore, dietary fiber can be converted by the normal flora into carbon dioxide and hydrogen gases which and flatulence. This somehow poses concern by high fiber diet to children, as these in rapid stage of growth, as well as with the transit time and bowel movement may not be good as those people in the prime years of the whether nutritive or not, the amount of intake must be regulated in order to enjoy the while minimizing risks and disadvantages.