



5 Takeaways

Understanding the Microbiome Series - Fiber, Microbiome and Immune Health

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- 1. Fiber is complex carbohydrate chains that resist quick digestion, from plant-based foods.**
- 2. Fiber could play an important role in maintaining gut health, avoiding blood sugar spikes, even vaccination efficacy and cancer treatment response.**
- 3. Most Americans have a huge gap in the fiber they eat, often much less than half of the recommended amounts.**
- 4. We need both fiber and the microbes that can break the fiber down in our guts.**
- 5. Consider aiming to increase the diversity of plants and fermented foods in your diet.**

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