BITE OF HOPE
NEWSLETTER



Editorial Message

At Bite of HOPE, we believe health begins with small, sustainable habits over time, rather than strict rules or perfect diets. This month, we invite you to discover an essential nutrient, often overlooked but profoundly transformative: **fiber**.

Fiber not only nourishes the body; it also connects our eating habits to prevention and overall wellness. Today, we invite you to learn why fiber deserves a starring role in your kitchen and how a small food can create a big impact.

With love,

The Bite of HOPE Team



Chef Johana Garcia

Fiber: A Small but Mighty Hero in Our Diet

True health starts in the kitchen, where the simplest decisions turn into powerful changes. This month, we highlight a silent hero in our diets: fiber. It may not have the fame of proteins or trendy superfoods, but its impact on well-being is scientifically proven.

Fiber is found exclusively in plant-based foods: fruits, vegetables, legumes, whole grains, seeds, and nuts. Its magic lies in what it does inside our body: it helps regulate digestion, stabilize blood sugar levels, keep cholesterol under control, reduce inflammation, and strengthen the immune system, while also feeding our gut microbiome—that universe of good bacteria that protects us and keeps us strong from within.There are two main types of fiber:

- **Soluble**: Found in oats, legumes, chia, and psyllium. Forms a gel when in contact with water, prolonging satiety and supporting heart health.
- **Insoluble**: Abundant in vegetables, fruits with skin, and whole grains. Adds bulk to stool and supports regular bowel movements.

Fiber's benefits go beyond digestion: a fiber-rich diet is associated with a lower risk of type 2 diabetes, cardiovascular disease, and obesity. It also supports overall well-being, daily energy, a feeling of lightness in the body, and, thanks to its positive effect on the gut microbiome, it also supports neurological and cognitive health.





How fiber can help you lose weight and reduce the risk of cancer

Obesity is one of the most concerning epidemics of the 21st century, affecting 374 million men and 504 million women worldwide as of 2022 (Phelps et al.). This chronic condition is closely linked to the development of metabolic disorders, cardiovascular issues, musculoskeletal changes, and fatty liver disease.



One of the most effective strategies to prevent and control obesity is dietary intervention, especially soluble fiber. Fiber not only adds volume to meals but also:

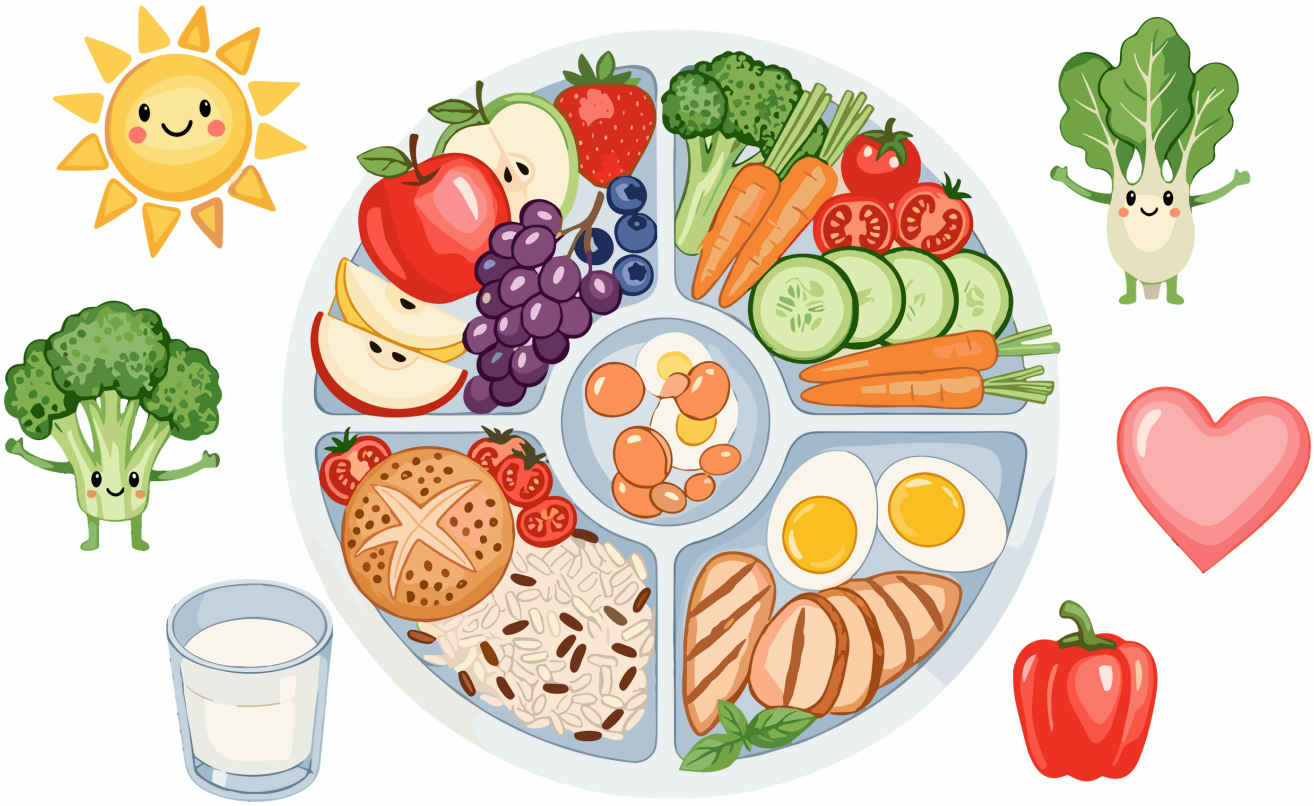
- Increases satiety: requires more chewing and slows gastric emptying, helping you eat fewer calories (Jenko Pražnikar et al.; Lattimer & Haub).
- Reduces absorption of carbs and fats: forms gels that encapsulate nutrients, lowering blood sugar and fat spikes (Chutkan et al.).
- Supports gut microbiota: colon bacteria ferment fiber, producing compounds that regulate metabolism (Lattimer & Haub).

Recommended sources: whole grains such as oats and barley, seeds like chia and flaxseed, and natural supplements such as psyllium. It is also essential to include legumes (lentils, chickpeas), berries, nuts, and vegetables like broccoli or sweet potatoes with the skin on. Studies show that consuming 25–30 g of soluble fiber daily, combined with exercise and dietary changes, enhances weight loss and metabolic health (Huwiler et al.).

Fiber also plays a key role in preventing colorectal cancer, the third most diagnosed cancer worldwide. According to the EPIC study, 10 g of fiber per day can reduce colorectal cancer risk by 10–13%, and whole grains can lower it by up to 18% (He et al.; Waddell & Orfila). Fiber accelerates intestinal transit, reducing the colon's exposure to carcinogens.

References:

· Phelps et al., The Lancet, 2024
· Waddell & Orfila, Critical Reviews in Food Science and Nutrition, 2022
· Lattimer & Haub, Nutrients, 2010
· Chutkan et al., Journal of the American Academy of Nurse Practitioners, 2012
· Jenko Pražnikar et al., Foods, 2023
· Huwiler et al., Nutrients, 2022
· He et al., Food & Nutrition Research, 2025



Food of the Month: Chia Seeds

Small in size, big in benefits, chia seeds are one of the richest dietary fiber sources.

According to Harvard Health Publishing, just 1 ounce (2–3 tablespoons) provides ~9.8 g of fiber, which can help reduce the risk of heart disease, type 2 diabetes, certain cancers, inflammation, and digestive disorders. Chia fiber also helps lower LDL ("bad") cholesterol and promotes healthy digestion by increasing stool volume and softness, supporting regular bowel movements.

Source:

Harvard Health Publishing, Chia seed benefits

Source:

Harvard Health Publishing, "Chia seed benefits: What you need to know" — https://www.health.harvard.edu/nutrition/chia-seed-benefits-what-you-need-to-know



Scan this QR Code for the Chia Pudding Recipe!

How to Start Eating More Fiber

- Add a tablespoon of chia or flax to smoothies, oats, or plant-based yogurt
- Include legumes (lentils, chickpeas, beans) at least 3 times a week
- Choose whole fruits instead of juices
- Add vegetables to every meal, raw or cooked
- Swap refined flours for whole grains
- Drink plenty of water when increasing fiber intake

Interesting Fact

The gut and fiber are directly connected to the brain. A fiber-rich diet promotes a diverse microbiome, which is linked to better mood, reduced inflammation, and improved stress response. Eating fiber supports not just digestion, but also emotional well-being

Source:
https://www.cambridge.org/core/journals/gut-microbiome/article/dietary-fibre-and-the-gutbrain-axis-microbiotadependent-and-independent-mechanisms-of-action/3844C700341E536779F0E35042B5F7AE
Cambridge University Press – Gut Microbiome

Bite of HOPE Community

Every day in our programs, we see how learning about fiber transforms not just dishes, but habits, families, and communities. Cooking with intention is a powerful tool for change, and fiber reminds us that health can be simple, accessible, and delicious.

Our Nutrition Talks Continue!

We're excited to announce monthly educational talks on healthy eating. These sessions are perfect for learning practical tips to improve your health and your family's—and they're free!

Have You Seen the New U.S. Dietary Guidelines?

More than just recommendations, this is an invitation to eat better. Fiber-rich foods play a vital role in a balanced diet, one that includes a wide variety of fruits, vegetables, whole grains, proteins, and healthy fats to keep us strong and energized.



Next Talk – March 5

Sodium: How to substitute conventional salt with herbs and spices with anti-inflammatory properties and reduce your sodium intake.

Support Our Alumni Entrepreneurs

Did you know many Bite of HOPE alumni run their own food businesses? From catering to desserts, and healthy, delicious options, our graduates are bringing their culinary skills to the real world.

We invite you to check out our Alumni Directory and explore the options. Supporting these businesses means enjoying amazing products and helping our community thrive.

CLICK HERE for BiteofHOPEDirectoryBook!

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Conciencia Nutricional 2026

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Want to learn how to make nutritious and flavorful meals? Discover our programs and become part of the Bite of HOPE community:

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