

# High-fiber diet may promote healthy, disease-free aging

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(HealthDay)—A diet inclusive of foods rich in fiber may fuel more

successful aging, according to research published online June 1 in the *Journals of Gerontology*.

The researchers tracked 1,609 participants, 49 years and older, for a decade starting in 1994. At the start, all were free of cancer, [coronary artery disease](#), and stroke. Successful aging status at follow-up was defined as the absence of disability, depressive symptoms, [cognitive impairment](#), respiratory symptoms, and chronic diseases such as cancer and coronary artery disease. Surveys assessed dietary routines, with a specific focus on fiber, carbohydrates, and [sugar intake](#).

The team found that only 25 percent of [study participants](#) were meeting daily fiber intake recommendations, and 15.5 percent of the participants had aged successfully over the 10-year time frame. Those with below-average levels of fiber consumption were least likely to have aged well. The top fiber consumers were found to be 79 percent more likely to remain fully functional and disease-free as they aged.

"Our observations need to be confirmed by other large studies, and we can't make recommendations at this stage such as pushing for a more plant-based diet," lead author Bamini Gopinath, Ph.D., an associate professor at the University of Sydney's Westmead Institute for Medical Research, told *HealthDay*.

**More information:** [Abstract](#)  
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