

## **Breathe easier, with FIBER!**

Your morning bowl of oatmeal may keep you from gasping for air during your afternoon run today—and for decades down the road.

**Why?** It's packed with fiber, and a new study in the *American Journal of Epidemiology* found that people who consumed at least 27 grams of the nutrient a day had a larger lung capacity than those who took in less than 10 grams. Furthermore, those in the high-fiber group were 15 percent less likely to develop chronic obstructive pulmonary disease (COPD), a breathing disorder. "The fiber found in cereal and produce may reduce tissue inflammation that can damage lungs," says study author Stephanie London, M.D., Ph.D. ([SHAPE.com](http://SHAPE.com))