



values of insulin, estradiol and progesterone in healthy Thai women. In addition, no significant difference in mean levels of glucose and lipids between controlled and experimental period was shown. Likewise, mean body weight, BMI and blood pressure of subjects among 3 studied periods did not statistically differed. However, a tendency to decline was noticed for mean body weight, BMI and mean midluteal progesterone concentration while HDLC levels and length of menstrual cycle in several women were increased. Significant physiological, biochemical and hormonal alterations from increasing fiber intake may be shown if 25-30 g/day dietary fiber intake is continued for more extended period.