



Fiber Guide

WHY IT'S IMPORTANT, HOW
MUCH YOU NEED, & THE
BEST HIGH-FIBER FOODS TO
ADD TO YOUR DIET.

INTRO TO FIBER

Why it's important

Dietary fiber, also known as roughage, is a carbohydrate that your body cannot digest.

Unlike most carbohydrates, which are converted into glucose, fiber remains undigested as it travels through your digestive system.

Although you can't break down fiber, it provides a wide range of health benefits.

BENEFITS OF FIBER

- Feeds your healthy gut bacteria
- Promotes regular bowel movements
- Helps you feel full longer
- Prevents blood sugar spikes
- Helps lower blood pressure
- Balances cholesterol
- Reduces risk of heart disease, diabetes, and colon cancer



Fiber is **crucial** for good health! But sadly, only 5% of Americans get enough fiber every day.

And if you're running low on fiber, your body may send you some warning signs.

There are **two** types of fiber...

Soluble fiber: dissolves in water & helps lower glucose and blood cholesterol. Soluble fiber is found in foods like oats, beans, apples, & citrus fruits.

Insoluble fiber: doesn't dissolve in water & helps move your food through your digestive tract. Insoluble fiber is found in foods like quinoa, brown rice, nuts, and seeds

Signs of a low-fiber diet:

- Constipation
- Bloating
- Hungry soon after eating
- High cholesterol
- Trouble losing weight
- Feeling tired or sluggish
- Hemorrhoids

HOW MUCH FIBER DO YOU NEED?

How much fiber you need depends on your age and gender.

Most health experts recommend the following:

Women

Under 51 years old: 25-30 grams/day
51 years old or over: 21 grams/day

Men

Under 51 years old: 38 grams/day
51 years old or over: 30 grams/day

HIGH FIBER FOODS

VEGETABLES

Broccoli (1 cup) - 5 g
Brussels spouts (1 cup) - 4 g
Green peas (1 cup) - 7 g
Cabbage (1 cup) - 4 g
Sweet potato (1 cup) - 6 g
Cauliflower (1 cup) - 2 g
Pumpkin (1 cup canned) - 7 g
Carrots (1 cup cooked) - 4.8 g
Asparagus (1 cup) - 3 g
Corn (1 cup) - 4.2 g
Potato (1 med w/skin) - 4 g

FRUITS

Raspberries (1 cup) - 7 g
Pear (1 med) - 5.5 g
Apple (1 med w/skin) - 4.5 g
Orange (1 med) - 3 g
Banana (1 med) - 3 g
Blueberries (1 cup) - 3.6 g
Strawberries (1 cup) - 3 g
Avocado (1/3 med) - 3 g

WHOLE GRAINS

Brown rice (1 cup) - 3.5 g
Quinoa (1 cup) - 5 g
Barley (1 cup) - 6 g
Oatmeal (1 cup) - 5 g
Air-popped popcorn (3 cups) - 3.5 g

BEANS & LEGUMES

Split peas (1/2 cup) - 8 g
Lentils (1/2 cup) - 8 g
Black Beans (1/2 cup) - 10 g
Chickpeas (1/2 cup) - 6 g
Kidney beans (1/2 cup) - 6 g

NUTS & SEEDS

Chia seeds (2 tbsp) - 10 g
Pumpkin seeds (1 oz) - 5.2 g
Almonds (1 oz) - 3.5 g
Sunflower seeds (1 oz) - 3 g
Pistachios (1 oz) - 3 g
Flax seed (1 tbsp) - 2.8 g

Eating a diet rich in plant foods like fruits and veggies makes it easy to hit your daily fiber goal. Here's an example:

Breakfast	Snack	Lunch	Dinner
1 cup oatmeal - 5 g 1/2 cup raspberries - 3.5 g 1 tbsp flax seed - 2.8 g	1 oz almonds - 3.5 g	Lentil soup - 12 g	Salmon filet - 0 g 1 med sweet potato - 6 g 1 cup roasted broccoli - 5 g
11.3 g	3.5 g	12g	11 g
+	+	+	=
			37.8 g total



FITTING IN MORE FIBER TOP TIPS

- 1 - **Eat more fruits and veggies.** They're high in fiber and loaded with vitamins and minerals. Aim for 5-9 servings of fruits and veggies a day.
- 2 - **Choose whole grains.** Refined grains like white rice are stripped of fiber and nutrients. So opt for whole grains like brown rice, wild rice, or quinoa instead.
- 3 - **Lean on legumes.** Beans and legumes are loaded with fiber and an excellent source of protein. Adding more to your diet is an easy way to fill up on fiber.
- 4 - **Eat the peel.** The skin of fruits and veggies is rich in fiber and antioxidants. So for apples, pears, potatoes, and carrots, put away the peeler and try eating the skin.
- 5 - **Snack smart.** Ditch chips in favor of fiber-rich snacks like fruit, raw veggies with hummus, nuts, or seeds.
- 6 - **Increase fiber slowly.** Your gut bacteria need time to adjust to the change. Adding too much fiber too fast could lead to gas or bloating. So increase slowly, by 2-3 g per day. (EX. If you got 15 g yesterday, aim for 18 tomorrow, etc)
- 7 - **Drink plenty of water.** Fiber absorbs water. So when you up your fiber intake, you'll want to drink more water. This will help the fiber move through your digestive tract better and prevent constipation.