

FOR THE LOVE OF

FIBER

how to hit your daily fiber goals

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FIBER

Consume more than 25 grams of fiber per day.



Fiber is a type of carbohydrate that isn't easily digested by the body. Instead of being broken down and absorbed like other nutrients, it passes relatively intact through the digestive system. Dietary fiber can help to maintain a healthy weight, lower the risk of heart disease, type 2 diabetes, creates a healthy environment for good gut bacteria and improve bowel function.

More fiber-rich foods means lower insulin levels and slow, easy digestion.

THERE ARE TWO TYPES OF DIETARY FIBER

<i>soluble fiber</i>	<i>insoluble fiber</i>
Dissolves in water. It can help lower blood cholesterol and glucose levels & helps to keep you full & satisfied for longer. Found in oats, peas, beans, nuts, apples, citrus fruits, carrots, barley, and psyllium.	Does not dissolve in water. Helps to move material through the digestive system and increase stool bulk. Good for those with irregular stools or constipation & supports insulin sensitivity. Found in whole-wheat flour, wheat bran, nuts, beans, and vegetables like cauliflower and green beans.

FIBER

cheat sheet

<i>fruits</i>	<i>grains</i>
1 Avocado 9g 1 cup Raspberries 8g 1 cup Blackberries 8g 1/2 cup prunes, dried 6g 1 medium Pear, w/ skin 5g 1 cup Cranberries 5g 1 medium Apple, w/skin 4g 1 cup Blueberries 4g 1 medium Orange 3g 1 cup Strawberries 3g 1 Kiwi 2g	1 cup cooked Quinoa 8g 1/2 cup Oats 5g 1 cup Brown Rice 4g
	<i>vegetables</i>
	1 medium Artichoke 10g 1 cup Squash 6g 1 cup Broccoli 5g 1 cup Cauliflower 5g 1 cup Brussels Sprouts 4g 1 cup Cabbage 4g 1 cup Collard Greens 4g 1 cup Green Beans 4g 1/2 Green Peas 4g 1 cup Spinach 4g 1 cup Sweet Corn 4g
<i>nuts, seeds & other</i>	
2 tbsp Chia Seeds 10g 2 tbsp Flax Seeds 6g 1 oz Almonds 3g 1 oz Pistachios 3g 1 oz Macadamia Nuts 2g 2 tbsp Sunflower Seeds 2g 2 tbsp Pumpkin Seeds 2g 1 oz Cashews 1g	
	<i>legumes</i>
	1 cup White Beans 19g 1 cup Split Peas 16g 1 cup Kidney Beans 16g 1 cup Lentils 16g 1 cup Black Beans 15g 1 cup Chickpeas 15g 1/2 cup Lima Beans 6g

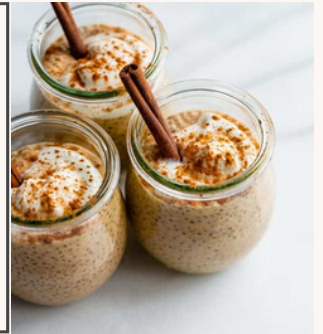
RECIPES

Here are some recipes to help you increase your fiber intake with whole food nutrition

Pumpkin Spice Chia Pudding

Fiber: 8 grams

TIP: add protein powder to increase protein



Pumpkin Pike Overnight Oats

Fiber: 11 grams

Ingredients: Oats (1/2 cup), Almond Milk (1/2 cup), pureed pumpkin (1/2 cup), chia seeds (1.5tsp), Maple Syrup, Pumpkin Pie Spice (3/4 tsp), Pecans, Vanilla Protein.

Instructions: Mix all together, store in fridge overnight, microwave for a minute before eating



Chickpea Salad, Strawberry & Veggie Box

Fiber: 17grams

Ingredients: cooked chickpeas, EVOO, lime juice, parsley, salt, black pepper, strawberries, snap peas, orange bell pepper

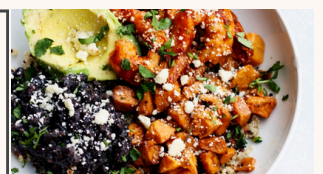
Instructions: In A Small Bowl, Combine The Chickpeas, Oil, Lime Juice, Parsley, Salt, And Pepper. Add To One Side Of A Container. On The Other Side, Add The Strawberries, Snap Peas, And Bell Peppers.

TIP: Add your choice of lean protein to increase protein



Spicy Shrimp & Quinoa bowls

Fiber: 13 grams



Blueberry Chia Seed Smoothie

Fiber: 13 grams



RECIPES

Here are some recipes to help you increase your fiber intake with whole food nutrition

Broccoli, Carrot & Quinoa Skillet

Fiber: 8 grams

Tip: Serve with your choice of lean protein



Cilantro Lime Black Bean Rice Bowl

Fiber: 19 grams

Tip: TIP: Add steak, chicken, or shrimp for additional protein



Greek Salad with Edamame

Fiber: 9 grams



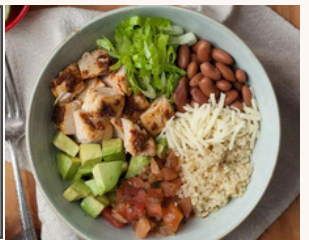
Enchilada Scrambled Eggs

Fiber: 5 grams



Chipotle Quinoa Burrito Bowl

Fiber: 9 grams



Red beans and rice with Chicken

Fiber: 10 grams

