



HOW TO ADD MORE FIBER

NOTES:

- Most foods contain a combination of both types of fiber and it's almost always more of the insoluble than the soluble type. They are both useful but soluble fiber helps to naturally reduce your LDL cholesterol.
- If you haven't been eating a lot of fiber foods, increase the amount gradually and avoid loading up on fiber if you are constipated as it can make the problem worse.
- Drink plenty of water; fiber requires adequate fluid intake to work. Aim for 8-10 cups of water per day.
- **Both Women and Men should aim for at least 30 grams of fiber per day**

FOODS TO ADD:

Fruits	Apples, Avocado, Berries, Cherries, Grapes, Kiwi, Pineapple, Pomegranate, Mango, Skins of fruits (apples, pears, peaches, plums)
Vegetables	Artichokes, Beets, Brussels sprouts, Cabbage, Celery, Kale, Okra, Mushrooms, Skins of vegetables (potato, sweet potato, eggplant, cucumber), Spinach, Tomatoes, Sweet potato, Zucchini
Whole grains	Pumpernickel bread, Rye bread, Steel cut oats, Rolled oats, Whole grains (barley, teff, amaranth, wheatberries, millet, sorghum, kamut, brown rice, quinoa), Popcorn, Whole grain pasta, wheat bread, Oat bran, Wheat bran, Wheat germ
Beans/Legumes	Lentils, Black-eyed peas, Kidney, Pinto, Edamame, Chickpeas/Hummus, Lima, Navy, Black beans
Nuts/Seeds	Chia seeds, Ground Flaxseeds, Almonds, Walnuts, Pecans, Psyllium, Pistachios, Chunky nut butters

**Highlighted foods are good sources of Soluble fiber- include those daily if you're managing cholesterol.

Breakfast ideas:

- Omelet with 1 - 2 cups of vegetables paired with 100% whole grain toast
- Mexican breakfast: Scrambled eggs w/tomatoes, black beans, guacamole & berries.
- Greek yogurt with ½ cup berries, nuts and ground flaxseed or chia seeds
- High fiber cereals with milk and berries. Add nuts or chia/ground flaxseed
- Oats/oat bran/oatmeal with sliced fruit and nuts and chia seeds & ½ cup plain Greek yogurt
- Hot whole grain cereal such as amaranth/wheat/quinoa/buckwheat, Greek yogurt with sliced fruits



Lunch/Dinner Options

- Salad bowl: Topped with beans such as chickpeas and lentils, nuts & seeds, chia seeds
- Sandwich on whole grain bread or roll with lean protein or tuna fish; Boost fiber with avocado, tomato, cucumber, spinach or kale.
- Whole grain or bean pasta with steamed, roasted or sautéed vegetables and sliced chicken
- Quesadilla on whole grain tortilla with chicken, cheese and grilled/steamed vegetables
- Veggie Bowl: (1/2 cup quinoa or brown rice) with lean protein and steamed vegetables
- Salmon with mango salsa, quinoa and green beans, or with sweet potato and carrots, or with brown rice and beets
- Sashimi with edamame, brown rice (not sushi rice) and long beans



Level up your Fiber with these “toppings”:

- Chia seeds - 2 tbsp - 10 grams **
- Ground flaxseed - 2 tbsp - 8 grams **
- Lentils - ½ cup - 8 grams **
- Pinto, white or black beans - ½ cup - 8 grams **
- Wheat bran - 1 tbsp - 6 grams **
- Chickpeas - ½ cup - 4 grams **
- Raspberries - ½ cup - 4 grams
- Edamame - ½ cup - 4 grams **
- Almonds - 1 ounce (23 almonds) - 3.5 grams **
- Avocado - ¼ fruit - 3.5 grams
- Barley - ½ cup - 3 grams
- Quinoa - ½ cup - 2.5 grams **
- Walnuts - 1 ounce - 14 halves - 2 grams **
- Nutritional yeast - 1 tbsp - 2 grams **
- Seaweed snax - 1 pkg/10 ounces - 2 grams
- Strawberries - ½ cup - 1.5 grams
- Mary’s crackers - 6 crackers - 2.5 grams
- Hemp hearts - 1 tbsp - 1 gram **
- Pepitas - 1 ounce (1/8 cup) - 1 gram **

** BONUS: Also contains at least 4 grams of Protein