

Don't forget about FIBER



**Nutrition:
Back to Basics**

Consuming adequate fiber has been shown to assist with weight loss as well as reduce the risk of various conditions including heart disease, diabetes, diverticulosis, constipation, and high cholesterol. It is important to find ways to increase fiber intake while still prioritizing your other nutrition & weight loss goals. Generally speaking, it is recommended to consume 25-30 grams of fiber per day (or 14g per 1000 kcal) according to the American Heart Association. Currently, most Americans are averaging about ½ of this goal. Here are some ways to incorporate more fiber into a healthy lifestyle.

Fruit

Aim for 2 servings per day (1/2 cup or the size of a baseball) Each serving adds ~3-5g of fiber
High fiber fruits that are also lower in sugar include pears, apples, berries, peaches, oranges & tangerines

Vegetables

Aim for 3-5 servings per day (1 cup) Each serving adds ~3-5g of fiber
Some higher fiber veggies include carrots, beets, broccoli, artichokes, brussels sprouts, cauliflower, sweet potato & pumpkin

Nuts & Seeds

Each serving (1 oz.) adds ~2-5g fiber
Serving of chia seeds = 1 Tbsp. Serving of ground flaxseed = 2 Tbsp.

Legumes

Each serving adds ~4-8g fiber (1/2 cup cooked)
Examples include lentils, kidney beans, chickpeas, black beans, edamame/soybeans, lima beans, peanuts

Whole Grains

Choosing whole grains over refined grains can increase fiber content by up to 5 times!
Examples of whole grains are whole wheat products, brown rice, oatmeal, quinoa, barley, bulgur & buckwheat

Boosters & Super Foods

Maca powder: 1g per tsp. Cacao powder: 2g per Tbsp. Shredded coconut: 2.5g per oz. Peanut butter: 1g per Tbsp. / Almond butter: 2g per Tbsp. Avocado: 2 g per oz



Tips

- Bulk up your smoothies with ½ cup of fruit and a serving of a fiber booster
- Enhance your yogurt with a handful of nuts or seeds
- Utilize nuts, seeds, and dry roasted legumes (chickpeas, peanuts, edamame) as snacks
- Add a serving of legumes and plenty of high-fiber vegetables to your salads and soups
- If consuming pasta, try whole wheat, chickpea (Banza), or black bean (Explore!)
- Choose whole grains over refined grains whenever possible
- Eat the rainbow! The more variety in your diet, the better

Be Aware

- Be sure to continue to watch portion sizes to stay on track with your weight loss goals
- If you are not currently consuming a high amount of fiber, start slowly to allow your body to adjust
- Aim for fiber from whole foods instead of foods with added fibers (ex. Fiber One bars)
- Drinking enough water is important with high fiber intake. Aim for at least 8 cups/day
- Per the Whole Grain Counsel, a food must have 5g of fiber or more to put “high fiber” on the label
- There are some conditions that require a lower-fiber diet.

Work with a dietitian to be sure you are creating goals that work for you • On a lower calorie meal plan, you may need less fiber. Evidence suggests that 14g of fiber per 1,000 calories is a reasonable intake. Again, work with your dietitian to determine your goals.

