DISCOVER THE POWER OF

FIBER RICH FOODS

WHAT IS FIBER & WHY IS IT GOOD FOR YOU?

Fiber is the part of plant foods that your body can't digest.

Benefits of fiber:

- Keeps digestion regular
- Lowers cholesterol
- Helps control blood sugar
- · Supports healthy weight
- · Feeds good gut bacteria
- May lower cancer risk





HOW MUCH FIBER DO I NEED?

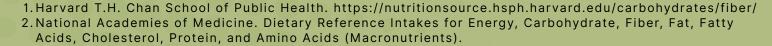
The National Academics of Medicine recommends for adults:

Women: about 25 grams per day
Men: about 38 grams per day

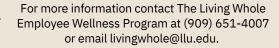
Most Americans eat only about 15 grams per day.

TIPS FOR ADDING MORE FIBER

- Choose whole fruit rather than fruit juice.
- · Add beans or lentils to soups, salads, casseroles, or tacos.
- Switch to whole grain bread and whole grain pasta.
- Snack on unsalted air-popped popcorn or crunchy vegetables.
- Sprinkle 1-2 tablespoons of chia seeds, flaxseeds, or almonds on cereal or yogurt.







Discover the Power of Fiber Rich Foods!

| FIBER | GRAMS OF FIBER |
|------------------------------------------------|-------------------|
| 1 cup artichoke, cooked | 9.6 g |
| 1 cup raspberries | 8 g |
| ½ cup lentils, cooked | 7.8 g |
| ½ cup pinto beans, cooked | 7.7 g |
| ½ cup black beans, cooked | 7.5 g |
| ½ cup chickpeas (garbanzo beans), cooked | 6.3 g |
| 1 cup sweet potato, cooked | 6.3 g |
| 1 cup blueberries, wild | 6.2 g |
| ½ cup kidney beans, cooked | 5.7 |
| 1 cup broccoli, cooked | 5.2 g |
| 1 ounce pumpkin seeds, whole | 5.2 g |

| FIBER | GRAMS OF FIBER |
|---------------------------------|-------------------|
| 1 tablespoon chia seeds | 5 g |
| 1 cup quinoa, cooked | 5 g |
| 1 cup cauliflower, cooked | 4.9 g |
| 1 medium apple, with skin | 4.8 g |
| 1 cup collard greens, cooked | 4.8 g |
| 1 cup kale, cooked | 4.7 g |
| Spinach, cooked | 4.3 g |
| 1 cup oats, cooked | 4 g |
| 1 cup brown rice, cooked | 3.5 g |
| 1 tablespoon flaxseeds | 2.8 g |
| 1 cup cabbage, cooked | 2.8 g |

